WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

SEPTEMBER/OCTOBER 2017

50 FAST & HEALTHY RECIPES

NEW TAKES ON
BROCCOLI
Like this whole-grain pizza with sausage & broccoli

BOOST UP!
BREAKFASTS TO FUEL YOUR DAY

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SOUPS

THE NEW WEAPON IN THE WAR ON FOOD WASTE?
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A CUT ABOVE

At *EatingWell*, we are always looking for new ways to eat more veg! That's why we love the **NEW Bertolli® Rustic Cut Pasta Sauce with hearty vegetables.**

5 STEPS TO ACHIEVE SUPER SAUCY, PERFECT PASTA

1. GO WITH THE GRAIN
Trade up to whole-grain pasta for fiber-rich, heart-healthy goodness.

2. COOK PASTA TO AL DENTE
Pasta will continue to cook and absorb liquid when you toss it with the sauce later on.

3. REACH FOR RUSTIC
Bertolli® Rustic Cut Sauces are made with hearty vegetables like juicy tomatoes and sweet peppers.

4. MARRY THE NOODLES AND SAUCE
Toss together in warmed sauce while pasta finishes cooking.

5. FINISH IT RIGHT
Top with fresh herbs and finely grated hard cheese, like Parmesan or Pecorino.

BERTOLLI
RUSTIC CUT

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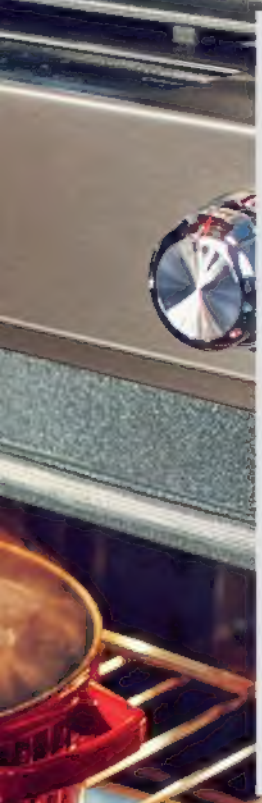

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THIS PAGE: PENNY DE LOS SANTOS; STYLING: MAGGIE RUGGIERO (FOOD), CARLA GONZALEZ-HART (PROPS); ON THE COVER: RYAN LIEBE; STYLING: REBECCA JURKEVICH (FOOD), PAIGE HICKS (PROPS)

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CLOCKWISE FROM TOP LEFT: BLAINE MOATS (2); DYLAN GRIFFIN; EMMA DIBBEN

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My Heroes

Years ago I edited a story for *EatingWell* about Dan O'Brien, a South Dakota rancher who had forsaken cows in favor of bison, to help restore nutrients to his land. He decided to raise them entirely on grass to produce a healthier, tastier meat. It was my first taste of crafting a story about a food hero, someone who was bucking the system to produce food in a better way. I was hooked.

It certainly wasn't the first such feature for *EatingWell*. We've been telling these stories about innovators, creative problem solvers and visionaries since we got started back in 1990. And while we always give plenty of pages and lots of delicious effort to our recipes, tips and techniques, it's our devotion to writing about where our food comes from and how it's produced that makes this magazine unique.

To honor this legacy and to shine an even brighter light on all the great changes happening in our food system today, we are announcing our first annual American Food Heroes awards. We solicited nominations from food, nutrition and policy experts, journalists, our advisory board and readers like you. Our editorial team reviewed entries, researched and debated. We wanted the list to reflect recent achievements and for each hero to be someone making an outsized impact on their particular area of focus. Eventually we landed on the 10 people we profile starting on page 65.

This year's heroes are tackling a diverse set of challenges, from cleaning up fast food to making school lunches healthier. One has developed a system of aquaculture known as 3-D farming and through his nonprofit helps farmers around the country start up their own 3-D farms. There's a CEO of a big food company who has become one of the loudest voices fighting for transparency in food labeling. And, coming full circle, there's even another farmer devoted to grass, and improving soil health. He's doing it on an even grander scale than my original hero: he's signed up over 100 farms to be a part of what he calls a grass-fed "milkshed" in the Northeast.

What all of this year's heroes have in common: they make me hopeful. We are living in a golden age. There has perhaps never been a time with more positive changes happening around food. So join me in giving it up for this year's heroes!

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM

FOLLOW ME ON TWITTER
& INSTAGRAM @JESSIEEATSWELL

Test Your Smarts

1 Eating 1½ ounces of this food each morning can help prevent blood sugar spikes:
A. Granola
B. Almonds
C. Eggs
D. Chocolate
(ANSWER: P.46)

2 Englishman Tristram Stuart saves bread from landfills by turning loaves into what?
A. Energy bars
B. Frozen bread puddings
C. Craft brews
D. Unicorn toast
(ANSWER: P.54)

3 The 2018 U.S. Farm Bill won't just affect farmers. It also has implications for:
A. The environment
B. SNAP recipients
C. Anyone who eats
D. All of the above
(ANSWER: P.57)

4 How might eating soy affect your breast cancer risk?
A. Marginally raises risk
B. Dramatically raises risk
C. Potentially lowers risk
D. No effect
(ANSWER: P.88)

CAVAN IMAGES/OFFSET

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WHAT'S TRENDING EATINGWELL.COM

Maple-Ginger Apple Pie

1 APPLE TREATS Make your orchard haul even sweeter with our dessert recipes for pies, cupcakes and more. **EatingWell.com/AppleTreats**

2 SNACK ATTACK Get fresh, fun ideas for kids' snacks. Mango fruit leather, anyone? **EatingWell.com/HealthySnacks**

3 ITALIAN TONIGHT Cook up a taste of Italy with our healthy lasagna or eggplant Parmesan. *Mangia! Mangia!* **EatingWell.com/ItalianCooking**

FOLLOW NOW

Fall is for sheep and wool festivals. None in your local area? Flock to these shepherds on Instagram:

@herdyshepherd1
James Rebanks farms Herdwick sheep in the English Lake District and wrote a bestselling memoir about it. Cozy up to *The Shepherd's Life* with a steaming cup of tea.

@bcbshepherdess
Redecorating? California-based shepherdess Brittany Cole Bush sells hides @shepherdesshides from ecologically minded farms. (Kaos Sheep Outfit hides pictured.)

@wingandaprayerfarm
Knitters can source a rainbow of colors from southern Vermont fiber farmer Tammy White, who raises goats, sheep and alpacas for her breed specific, naturally dyed yarn.

TOP: LAURIE PROKOP; TT STYLING: VANESSA ALBERT (FOOD); KARLA A. HANSON (PROPS); BOTTOM: COURTESY JAMES REBANKS; BRITTANY COLE BUSH; TAMMY WHITE

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IF YOU ARE
WHAT YOU
EAT
BE RADIANT

GRAB SOME SUNSHINE

EASY HEALTHY RECIPES

nosh

Take a Dip

Say hello to bagna cauda, a warm olive oil dip from the Piedmont region of northwestern Italy that features lots of anchovy and garlic.

BLAINE MOATS, STYLING; SUE HUSS (FOOD); SUE MITCHELL (PROPS)

Salmon & Fall Vegetables with Bagna Cauda

ACTIVE: 40 min **TOTAL:** 40 min

A platter full of salmon and roasted and raw vegetables alongside a piquant dip lets everyone choose their own dining adventure.

- 1 pound fingerling potatoes, halved if large, *and/or* sweet potato, cut into ½-inch-thick wedges
- 1 bunch broccolini, trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 pound salmon *(see Tip, below)*
- 1 small fennel bulb, cut into ½-inch-thick wedges, fronds reserved
- 2 medium heads Belgian endive, leaves separated
- ½ small head radicchio, cut into ½-inch-thick wedges

BAGNA CAUDA

- ⅓ cup extra-virgin olive oil
- 2 cloves garlic, very thinly sliced
- 8 anchovy fillets
- 2 tablespoons sherry vinegar
- 1 tablespoon butter

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.

2. Toss potatoes (and/or sweet potato) and broccolini in a large bowl with 1 tablespoon oil and ¼ teaspoon salt. Transfer the potatoes to the prepared baking sheet (leave the broccolini in the bowl). Roast the potatoes, turning once halfway, for 15 minutes.

3. Push the potatoes to the edges of the baking sheet. Place salmon in the middle of the pan and season with the remaining ¼ teaspoon salt. Arrange the broccolini around the salmon. Roast until the vegetables are tender and the salmon is just cooked through, 6 to 10 minutes.

4. Meanwhile, to prepare bagna cauda: Heat oil and garlic in a small saucepan over medium-low heat until the garlic is fragrant, about 2 minutes. Add anchovies and lightly crush until they flake apart. Add vinegar and butter; cook over very low heat, stirring often, for 2 minutes more.

5. Arrange the salmon, potatoes and broccolini with fennel, endive and radicchio on a platter. Garnish with the reserved fennel fronds, if desired. Serve with the bagna cauda for dipping or drizzling.

SERVES 4: 3 oz. salmon, 2 cups vegetables & 2 Tbsp. bagna cauda each

CAL 537 / **FAT** 30G (SAT 6G) / **CHOL** 67MG / **CARBS** 35G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 7G / **SODIUM** 705MG / **POTASSIUM** 1,482MG.

BE SALMON SMART

There are plenty of wild and farmed salmon that are rated Best Choice and Good Alternative by Monterey Bay Aquarium's Seafood Watch program. Download the app for the most up-to-date information.

STUNNING SALADS Get more delicious dinner salad recipes at eatingwell.com/webextra

BLAINE MAYS; STYLING: SUE HOSS; FOOD STYLING: JANET DAGEL; PROPS: SHUTTERSTOCK.COM

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Steak & Pepper Tartines with Arugula Salad

ACTIVE: 30 min. **TOTAL:** 30 min

Crack open an oatmeal stout to serve alongside these knife-and-fork sandwiches.

- 5 tablespoons extra-virgin olive oil, divided
- 3 cups presliced fresh bell pepper-and-onion mix (10 ounces)
- 2 teaspoons white-wine vinegar plus 2 tablespoons, divided
- 1 pound shaved sandwich steak
- ¾ teaspoon ground pepper, divided, plus more to taste
- ¼ teaspoon salt, divided
- ½ cup shredded Gruyère or provolone cheese
- 8 cups baby arugula (5 ounces)
- 4 slices crusty whole-wheat bread (½ inch thick), lightly toasted
- 8 teaspoons prepared horseradish aioli or horseradish sauce *(see Tip, below)*

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add peppers and onions and cook, stirring often, until softened and starting to brown in spots, 5 to 7 minutes. Stir in 2 teaspoons vinegar. Transfer the vegetables to a bowl.

2. Add 1 tablespoon oil to the pan. Add steak, season with ½ teaspoon pepper and ⅛ teaspoon salt and cook, stirring and pulling apart with tongs or a fork, until no longer pink, 3 to 4 minutes. Return the vegetables to the pan, stir to combine. Sprinkle with cheese. Cover and remove from heat.

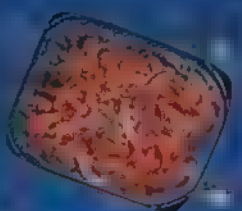
3. Toss arugula in a large bowl with the remaining 3 tablespoons oil, 2 tablespoons vinegar, ¼ teaspoon pepper and ⅛ teaspoon salt.

4. Spread each piece of bread with 2 teaspoons aioli (or sauce) and top with one-fourth (about 1 cup) of the steak mixture. Serve the tartines with the arugula salad. Sprinkle with more pepper, if desired.

SERVES 4: 1 tartine & 1½ cups greens each

CAL 509 / **FAT** 31G (SAT 7G) / **CHOL** 78MG / **CARBS** 21G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 34G / **FIBER** 4G / **SODIUM** 501MG / **POTASSIUM** 456MG.

How We Go Fast



Shaved steak
Very thinly sliced beef often cut from the tail end of the tenderloin, this steak cooks up fast.

Horseradish aioli
Look for it near other condiments or stir 2 tsp. horseradish into ¼ cup mayonnaise.

Presliced peppers & onions
This time-saving solution is great in stir-fries and fajitas too.

TRENDY TARTINES Find more recipes for hot open-face sandwiches at eatingwell.com/wabextra

BLAINE MAAS'S STYLING; SUE BOSS FOOD; SUE MITCHELL PROPS; ILLUSTRATIONS BY EMMA D. BEEN

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Sautéed Carrots with Gomasio

ACTIVE: 20 min **TOTAL:** 20 min

Classic gomasio is a blend of toasted sesame seeds and salt, but it also comes flavored with seaweed and garlic. Find it in the natural-foods section or Asian-food section at large supermarkets or at Asian markets. Or substitute 2 tablespoons toasted sesame seeds and ¼ teaspoon salt.

- 1½ pounds baby carrots (about ½-inch diameter)
- 2 tablespoons toasted (dark) sesame oil, divided
- ¼ cup cider vinegar
- 1 tablespoon pure maple syrup
- ¼ teaspoon salt
- 2 tablespoons gomasio

1. If necessary, cut carrots into pieces no larger than ½ inch thick. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the carrots, cover and cook, stirring occasionally, until slightly tender, 5 to 7 minutes.
2. Meanwhile, whisk the remaining 1 tablespoon oil, vinegar, syrup and salt in a small bowl. Add the mixture to the pan and boil, uncovered, until it starts to thicken, about 1 minute. Reduce heat to a gentle simmer, partially cover and cook until the carrots are tender and coated with sauce, 4 to 6 minutes more. If the carrots aren't quite tender but the pan is dry, add ¼ cup water and continue cooking, partially covered, until tender. Serve sprinkled with gomasio.

SERVES 5: ¾ cup each

CAL 127 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 15G / **TOTAL SUGARS** 9G (ADDED 2G) / **PROTEIN** 2G / **FIBER** 4G / **SODIUM** 319MG / **POTASSIUM** 352MG.

PACK A PUNCH

veggies, such as Brussels sprouts,

glucosinolates.

Roasted Brussels Sprouts with Fish Sauce Dressing

ACTIVE: 15 min **TOTAL:** 35 min

These addictive Brussels sprouts were inspired by those served up at Pai Men Miyake in Portland, Maine.

- 1½ pounds Brussels sprouts, trimmed and halved (quartered, if large)
- 2 tablespoons grapeseed oil
- 1 tablespoon fish sauce
- 1 tablespoon lime juice
- ½ teaspoon brown sugar
- 1 clove garlic, grated
- 1 small red chile pepper, thinly sliced
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh mint

1. Position oven rack in lowest position; preheat oven to 400°F.
2. Toss Brussels sprouts with oil in a large bowl. Spread evenly on a large baking sheet. Roast on the lowest rack, stirring once halfway through, until tender, 18 to 20 minutes.
3. Meanwhile, whisk fish sauce, lime juice, brown sugar, garlic and chile in the bowl.
4. Return the roasted Brussels sprouts to the bowl and toss to coat with the dressing. Serve topped with cilantro and mint.

SERVES 4: 1 cup each

CAL 141 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 17G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 6G / **FIBER** 6G / **SODIUM** 338MG / **POTASSIUM** 656MG.

LOVE YOUR VEGGIES Get more sensational veggie side dish recipes at eatingwell.com/webextra

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Roasted Squash with Green Tahini

ACTIVE: 20 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate green tahini (Step 3) for up to 1 week.

You'll have some extra green tahini, which you can use as a dressing or a dip.

- 2 medium acorn squash *or* 1 large kabocha (about 3 pounds), halved, seeded and sliced 1 inch thick
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon salt

GREEN TAHINI

- ½ cup packed fresh cilantro
- ½ cup packed fresh parsley
- ½ cup tahini
- ½ cup water
- ¼ cup extra-virgin olive oil
- 2 teaspoons lemon zest
- ¼ cup lemon juice
- 2 cloves garlic
- ½ teaspoon salt

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.

2. Toss squash with 1 tablespoon oil, cumin and ¼ teaspoon salt in a large bowl. Transfer to the prepared baking sheet. Roast until tender, 30 to 35 minutes.

3. To prepare green tahini: Combine cilantro, parsley, tahini, water, oil, lemon zest, lemon juice, garlic and salt in a blender. Blend until smooth.

4. Serve the squash drizzled with ⅔ cup of the green tahini. (Reserve the rest for another use.)

SERVES 6: about 4 pieces squash each

CAL 195 / **FAT** 13G (SAT 2G) / **CHOL** 0MG / **CARBS** 21G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 205MG / **POTASSIUM** 669MG.

Watercress Salad with Grapes, Blue Cheese & Pecans

ACTIVE: 15 min **TOTAL:** 15 min

This salad formula will never let you down: toss greens with fruit, cheese, nuts and a simple vinaigrette.

- ¼ cup extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1 tablespoon finely chopped shallot
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- Ground pepper to taste
- 8 cups trimmed watercress
- ¾ cup halved grapes
- ⅓ cup crumbled blue cheese
- ⅓ cup chopped toasted pecans

Whisk oil, vinegar, shallot, mustard, salt and pepper in a large bowl. Add watercress and grapes and toss to coat. Add cheese and pecans and gently toss to combine.

SERVES 4: 1¾ cups each

CAL 256 / **FAT** 24G (SAT 5G) / **CHOL** 8MG / **CARBS** 8G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 1G / **SODIUM** 323MG / **POTASSIUM** 272MG.

BLAINE MOATS, STYLING; SUE HOSS & JODY ST. ONGE, FOOD STYLING

AMERICA'S #1
VEGGIE BURGER

GRILL IT to BELIEVE IT

Source: MSF Spicy Black Bean, Nielsen xAOC Units Sold Cal Yr 2016

Find us in the freezer aisle.

Chicken Fesenjan

ACTIVE 30 min **TOTAL** 50 min

Laced with tangy-sweet pomegranate molasses and fragrant spices, this Persian stew is traditionally prepared for festive occasions. It can be made with chicken or lamb and always includes plenty of ground walnuts.

- 1½ cups walnut halves, toasted
- 6 large skinless, bone-in chicken thighs (2½–3 pounds)
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 large onion, sliced
- ¼ cup water
- ¼ teaspoon ground cinnamon
- ¼ teaspoon saffron
- ⅛ teaspoon ground cardamom
- 1 cup low-sodium chicken broth
- ⅓ cup pomegranate molasses *(see Tip, below)*
- 2 tablespoons honey
- 1 tablespoon lemon juice
- Pomegranate seeds & chopped fresh parsley for garnish

1. Pulse walnuts in a food processor until coarsely ground.
2. Sprinkle chicken with ½ teaspoon salt and pepper. Heat oil in a large pot over medium-high heat. Add the chicken and cook until browned, 4 to 6 minutes. Remove to a plate.
3. Reduce heat to medium. Add onion and water to the pot; cook, stirring and scraping up any browned bits, until the onion is lightly brown and soft, about 5 minutes. Add cinnamon, saffron and cardamom and cook, stirring, for 30 seconds. Add the walnuts, broth, pomegranate molasses and honey. Bring to a boil.
4. Return the chicken to the pot and turn to coat with sauce. Reduce the heat to maintain a simmer. Partially cover and cook until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 15 to 20 minutes. Remove the chicken to a clean plate; keep warm.
5. Add lemon juice and the remaining ¼ teaspoon salt to the sauce. Bring to a boil and cook, stirring often, until reduced by about one-third, 3 to 5 minutes. Serve the chicken with the sauce, garnished with pomegranate seeds and parsley, if desired.

SERVES 6: 1 chicken thigh & ⅓ cup sauce each

CAL 453 / **FAT** 29G (SAT 5G) / **CHOL** 96MG / **CARBS** 18G / **TOTAL SUGARS** 12G (ADDED 10G) / **PROTEIN** 32G / **FIBER** 2G / **SODIUM** 395MG / **POTASSIUM** 385MG.

SWEET SASSY MOLASSY

Pomegranate molasses is a syrup made from pomegranate juice. Look for it with other Middle Eastern ingredients at well-stocked supermarkets and online.

EAT THE WORLD Get more recipes from around the world at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUSIE THEIS FOOD; SUE MITCHELL PROPS; ILLUSTRATION BY EMMA D. BEEN

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*Each container has 1 serving (1/2 cup) fruit per USDA Nutrient Data.

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Harvesttime Meets Back-to-School

BY KIMBERLY HARRINGTON

Isn't it great when two intense periods of the year overlap in an attempt to make you lose your ever-loving mind? Whatever you do, don't freak out! There are ways to combine these delightful yet overwhelming events—back to school and an abundance of produce in the garden—into the most epic multitasking victory ever.

Bring an apple for the teacher? Been there, done that. How about an onion for the teacher? Or 15 peppers? Or for the love of god bring all these tomatoes, just give them to her, no she's not allowed to refuse them.

Make the most of a return to family-wide early wake-up times by imposing even earlier wake-up times. Nothing says "quality time" and "forced togetherness" and "unpaid labor" quite like having your kids pick peppers and peas as the sun rises.

One day your kids are lazing around in a hammock and the next they're supposed to be playing a team sport eight days a week. Put together a late-summer training program including such soon-to-be-timeless drills as Competitive Compost Hauling, Varsity Weeding and SHE HIT ME NO HE HIT ME FIRST Sibling Relay Races.

Holy cabbage! Under the guise of science credit, propose that every kid in the neighborhood learn how to make kimchi, like, yesterday.

Challenge your kids to come up with every meal they can think of that includes corn. Then challenge them to find those recipes. Then challenge them to put together a shopping list. Then announce they're in charge of cooking now.

Get everyone pumped up for using the alphabet again by highlighting its caboose, the letter Z. Z is for zoo! Z is for zebra! Z is for zucchini! And right now zucchini is for breakfast, lunch and dinner.

Kimberly Harrington *is the co-founder and editor of the parenting humor website* RAZED *and a frequent contributor to* McSweeney's. *She lives in Vermont.*

Rice & Bean Freezer Burritos

ACTIVE: 35 min TOTAL: 35 min
TO MAKE AHEAD: Freeze foil-wrapped burritos for up to 3 months.

Dear Kimberly, While your kids put up 100 pounds of kimchi, you can stock your freezer with these burritos. Love, The EatingWell Test Kitchen

- 2 15-ounce cans low-sodium black or pinto beans, rinsed
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 cups shredded sharp Cheddar cheese
- 1 cup chopped grape tomatoes
- 4 scallions, chopped
- ¼ cup chopped pickled jalapeños
- 2 tablespoons chopped fresh cilantro
- 8 8-inch whole-wheat tortillas, at room temperature
- 2 cups cooked brown rice

1. Mash beans in a large bowl with chili powder and cumin until almost smooth. Add cheese, tomatoes, scallions, jalapeños and cilantro; stir to combine.
2. Spread about ½ cup of the filling on the bottom third of each tortilla and top with about ¼ cup rice. Roll up snugly, tucking in the ends as you go. Wrap each burrito in foil. Freeze for up to 3 months.
3. To heat: Remove a burrito from the foil and place on a microwave-safe plate. Cover with a paper towel and microwave on High until steaming hot, 1½ to 2½ minutes.

SERVES 8; 1 burrito each

CAL 401 / FAT 8G (SAT 4G) / CHOL 28MG / CARBS 53G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 17G / FIBER 8G / SODIUM 646MG / POTASSIUM 344MG.

FROZEN ASSETS Get more freezer-meal recipes at eatingwell.com/webextra

BLAINE MYATT-STALLING; SUE BOSS/FOOD STYLING; STYLE HELL (PROPS)

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Split Pea Soup with Chorizo

ACTIVE: 35 min. SLOW-COOKER TIME: 4-8 hrs
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 5- to 6-quart slow cooker

Smoky, spicy chorizo comes both raw and cured. You'll want the raw version for this soup. Italian sausage or merguez would make a fine substitute if you can't find it.

- 4 cups low-sodium chicken broth
- 4 cups water
- 1 pound Yukon Gold potatoes, diced
- 2 cups yellow split peas
- 1 large onion, diced
- 2 large carrots, sliced
- 6 cloves garlic, finely chopped
- 1 tablespoon paprika
- 2 teaspoons dried oregano
- ¾ teaspoon salt, divided
- 1 pound fresh chorizo
- ½ teaspoon ground pepper
- Microgreens or sprouts for garnish

1. Combine broth, water, potatoes, split peas, onion, carrots, garlic, paprika, oregano and ½ teaspoon salt in a 5- to 6-quart slow cooker. Cook on High for 4 hours or Low for 8 hours.
2. A few minutes before serving, remove chorizo from its casing and crumble into a large skillet. Cook over medium heat, stirring and crumbling with a spoon, until cooked through, 3 to 5 minutes. Stir the chorizo into the soup along with pepper and the remaining ¼ teaspoon salt. Garnish with microgreens (or sprouts), if desired.

SERVES 8: 1¾ cups each

CAL 305 / FAT 24G (SAT 7G) / CHOL 40MG / CARBS 50G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 23G / FIBER 15G / SODIUM 515MG / POTASSIUM 901MG.

PUMP SOME IRON
A serving of this soup knocks out a quarter of your daily recommended intake of iron—a mineral that ferries oxygen through your body.

LOW & SLOW Find more recipes to make in your slow cooker at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE BOSS FOR FOOD STYLING; PEER PROPS

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RECIPE

Juicy Roasted Chicken Thighs in a Bag

Serves 4-6

Ingredients

- **1 tbsp Maille Dijon Originale Mustard**
- **3 tbsp dry white wine**
- **1 lemon, zested and juiced**
- **3 cloves garlic, thinly sliced**
- **1 tsp fresh thyme**
- **1 lb fingerling potatoes, halved**
- **1 leek, trimmed and sliced in ½ inch pieces**
- **2 shallots, thinly sliced**
- **1 lemon, thinly sliced**
- **8 chicken thighs, skin on**
- **1 tsp garlic powder**
- **¼ tsp sea salt**
- **¼ tsp freshly cracked black pepper**
- **3 tbsp butter**

Preparation

1. Preheat oven to 400 degrees F
2. In a small bowl, mix together mustard, white wine, lemon juice and zest, garlic, and thyme, then set aside
3. Place potatoes, leeks, and shallots in an If You Care Medium Non Stick Parchment Roasting Bag, seam side up on a rimmed baking sheet or roasting pan. Then season the chicken with the garlic powder, salt and pepper and place inside the bag on top of the vegetables. Place the lemon slices in the bag and pour mustard mixture on top of the chicken and vegetables and fold the open end of the bag tightly towards the top as many times as possible to seal.
4. Roast in the oven for 35 minutes, then remove and open the bag by either ripping or cutting with scissors to expose the top of the chicken. Baste chicken with butter, then place back in oven to roast for another 15 to 20 minutes, or until desired brownness, then serve and enjoy!

ifyoucare.com/roastingbags

CUTLETS SUPREME
You can make your own chicken cutlets from two 8- to 8 skinless chicken breasts. Remove the tenders (the strip of meat on the underside of the breast) and save for another use. Cut each breast in half crosswise. Place between pieces of plastic wrap. Pound with a meat mallet or skillet until about ½ inch thick.

Creamy Chicken & Mushrooms

ACTIVE 30 min **TOTAL** 30 min

Whether you scored wild mushrooms at the farmers' market, found cultivated maitake at the supermarket or just have some baby bellas on hand, this saucy chicken is delicious with any of them. Serve over whole-wheat egg noodles or mashed potatoes.

- 4 4- to 5-ounce chicken cutlets *(see Tip, above)*
- 4 cups mixed mushrooms (about 8 ounces), sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped fresh parsley

1. Sprinkle chicken with ¼ teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.
2. Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and ¼ teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

SERVES 4: 1 cutlet & generous ¼ cup sauce each

CAL 325 / **FAT** 20G (SAT 7G) / **CHOL** 99MG / **CARBS** 4G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 1G / **SODIUM** 329MG / **POTASSIUM** 286MG.

TAKE FIVE Get more 5-ingredient dinner recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE MITCHELL, PROPS

No Dairy? No Problem!

Get all the creaminess without the cream in this 1,500-calorie dairy-free (and vegan) meal plan.

By Breana Lai, MPH., R.D

BREAKFAST / 340 CAL

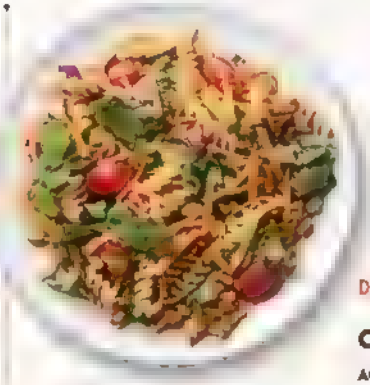
Coconut Overnight Oatmeal

Combine ⅓ cup each **old-fashioned rolled oats** and **unsweetened coconut milk beverage** with a pinch of **salt**. Cover and refrigerate overnight. In the morning, heat if desired. Top with ⅓ cup **dried apricots**, 1 Tbsp. **hazelnuts** and 1 teaspoon **maple syrup**. Serve with ½ cup **calcium-fortified orange juice**.

SNACK / 141 CAL

Guacamole & Dippers

½ cup each **bell pepper** and **carrots** with ¼ cup **guacamole**



LUNCH / 367 CAL

Spinach & Dill Pasta Salad

Whisk 1 Tbsp. each **white-wine vinegar** and **olive oil**, ¼ tsp. **dried dill** and ⅛ tsp. each **garlic powder**, **salt** and **pepper**. Add ¾ cup cooked **whole-wheat fusilli**, 1 cup chopped **spinach**, ½ cup **cherry tomatoes**, ¼ cup shelled **edamame** (thawed if frozen), 2 Tbsp. shredded **vegan cheese** and 1 Tbsp. chopped **red onion**.

SNACK / 150 CAL

5.3-oz. container **vanilla soy yogurt**

DINNER / 501 CAL (SOUP + SALAD)

Creamy Mushroom Soup

ACTIVE: 50 min **TOTAL:** 50 min

TO MAKE AHEAD: Prepare soup (Steps 1 & 3) and topping (Step 2); refrigerate separately for up to 3 days.

Pureed potatoes give this soup its silky texture. Serve with 1 cup mixed greens tossed with 2 tsp. each olive oil and white-wine vinegar.

- 4 tablespoons extra-virgin olive oil, divided
- 1 cup diced shallots
- ½ cup diced celery
- 5 cups sliced shiitake mushroom caps (about 10 ounces), divided
- 5 cups sliced baby bella mushrooms (about 10 ounces), divided
- ½ cup dry sherry
- 3 cloves garlic, minced
- 4 cups diced peeled Yukon Gold potatoes (about 1 pound)
- ½ teaspoon dried thyme
- 3 cups "no-chicken broth" *or* mushroom broth
- 1 cup water
- ½ cup walnuts, finely chopped
- Pinch of salt
- 2 teaspoons sherry vinegar
- ½ teaspoon ground pepper
- 2 tablespoons sliced fresh chives

1. Heat 3 tablespoons oil in a large pot over medium heat. Add shallots and celery; cook, stirring occasionally, until tender, about 3 minutes. Add 4 cups each shiitakes and baby bellas, sherry and garlic; cook, stirring occasionally, until the mushrooms are soft and the liquid has evaporated, about 5 minutes. Stir in potatoes and thyme; cook for 1 minute. Add broth and water. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are very soft, about 20 minutes.

2. Meanwhile, coarsely chop the remaining 2 cups mushrooms. Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add the mushrooms and cook, stirring often, until soft, about 2 minutes. Add walnuts and salt. Cook, stirring occasionally, until hot, about 1 minute more.

3. Puree the soup with an immersion blender or in a regular blender (in batches, if necessary) until very smooth. (Use caution when blending hot liquids.) Stir in vinegar and pepper.

4. Serve the soup topped with the mushroom-walnut mixture and chives.

SERVES 4: 2 cups each

CAL 407 / **FAT** 23G (SAT 3G) / **CHOL** 0MG / **CARBS** 41G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 6G **SODIUM** 462MG / **POTASSIUM** 1,149MG.

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BLAINE MOATS, STYLING; SUE HOSS/FOOD STYLING; RACHEL JOHNSON; INSET: JOHN LEI; JACOB FOX

Sweet potatoes lightly seasoned with sea salt. Because Mother Nature knows that a little sweetness goes a long way.

Non-GMO
ALEXIA

APRICOT SUNFLOWER

1 cup dried apricots

½ cup each pepitas & sunflower seeds

½ cup smooth sunflower butter

1 tsp. ground cinnamon

1 cup dried cranberries

½ cup each almonds & pecans

½ cup smooth almond butter

1 tsp. vanilla extract

1 cup dried blueberries

½ cup each cashews & flaxseed

½ cup smooth cashew butter

1 tsp. coconut extract

Raise the Bar

Granola bars are really easy to DIY. Here's your chance to try out that flavor combo you wish your favorite granola bar company would make. Or give one of our concoctions a whirl.

ACTIVE: 20 min. **TOTAL:** 1½ hrs. **TO MAKE AHEAD:** Individually wrap and store at room temperature for up to 1 week. **EQUIPMENT:** Parchment paper **MAKES:** 2 dozen bars **NUTRITION INFO:** page 110

1. Prep Your Pan.

Lining your pan with parchment paper and leaving a few inches overhanging the sides makes a sort of sling to remove the granola bars.

Preheat oven to 325°F. Line an 9-by-13-inch baking pan with parchment paper, letting it overhang two sides. Lightly coat with cooking spray.

2. Mix the Dry Stuff.

Mix a variety of nuts, seeds, fruit, coconut and/or chocolate into the whole-grain base. Chop larger dried fruit and nuts into ¼-inch pieces, otherwise the bars could fall apart.

Combine 3 cups **old-fashioned rolled oats**, 1 cup **crispy brown rice cereal** and ¼ teaspoon **salt** with 2 cups (total) **Good Stuff** *(see options, right)* in a large bowl.

PHOTOGRAPHED BY JOHN KERNICK; FOOD STYLING BY ANNE DISNEY; PROP STYLING BY ALEXANDRA MAGUIRE

GREAT GRAINS Find more whole-grain snack recipes at eatingwell.com/webextra

BANANA PEANUT
1 cup dried bananas
½ cup each macadamia nuts & peanuts
½ cup smooth peanut butter
1 tsp. ground ginger
1 cup dried cherries
⅓ cup each almonds, mini chocolate chips & unsweetened shredded coconut
½ cup smooth almond butter
1 tsp. vanilla extract
1 cup pitted dates
½ cup each hazelnuts & pistachios
½ cup tahini
1 tsp. ground cardamom

3. Hold It Together.

A sticky combination of brown rice syrup and nut or seed butter glues the bars together.

Combine ⅔ cup **brown rice syrup** or **light corn syrup**, ½ cup **Nut or Seed Butter** and 1 teaspoon **Flavoring** (*see options, right*) in a microwave-safe bowl. Microwave for 30 seconds (or heat in a saucepan over medium heat for 1 minute). Add to the dry ingredients and stir until evenly combined. Firmly press into the prepared pan with a spatula.

GOOD STUFF
Dried fruit: Apricots, banana, blueberries, cherries, cranberries, dates (chop if large)

Toasted unsalted nuts: Almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios (chop if large)

Toasted seeds: Flax, pepitas, sunflower

Mini chocolate chips

Unsweetened shredded coconut

SMOOTH NUT BUTTER OR SEED BUTTER
Almond, cashew, peanut, sunflower seed, tahini

FLAVORING
Extracts: Coconut, vanilla

Ground spices: Cardamom, cinnamon, ginger

4. Bake 'Em Up.

Choose to make them chewy or crunchy. Both will be soft right out of the oven and firm-up as they cool.

For chewier bars, bake until barely starting to color around the edges and still soft in the middle, 20 to 25 minutes. For crunchier bars, bake until golden brown around the edges and somewhat firm in the middle, 30 to 35 minutes. Cool in the pan for 10 minutes. Using the overhanging parchment, lift the bars out of the pan onto a cutting board. Cut into 24 bars and let cool without moving, for about 30 minutes, before separating the bars.

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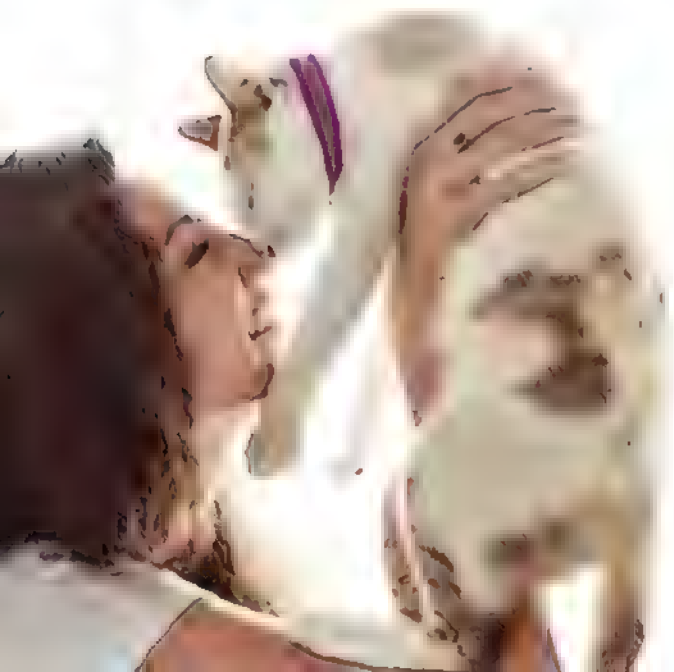
1 Simple Servings™ makes leftovers history. With a single serving in every cup you can feed your feline friend the wet food she loves without worrying that your refrigerator will smell like cat food

2 Less mess, more purrs. Your cat doesn't cook, so why should you clean? All you have to do is open the easy-peel cup and serve

3 Great taste is always on the menu. Each cup of Simple Servings™ features shreds of real seafood or poultry in a savory sauce or gravy. Your cat won't just be a member of the clean plate club she'll be the president!

4 Delicious flavors make every meal memorable. Your four-legged foodie is sure to give all 4 irresistible varieties a purr of approval

5 Simple Servings™ is always crave-worthy. Whether you use it as a topping on dry food to change up your cat's menu, open a cup when they deserve a special treat, or simply because it's mealtime, Simple Servings™ will always get a meow and probably a few head-butts of affection, too.



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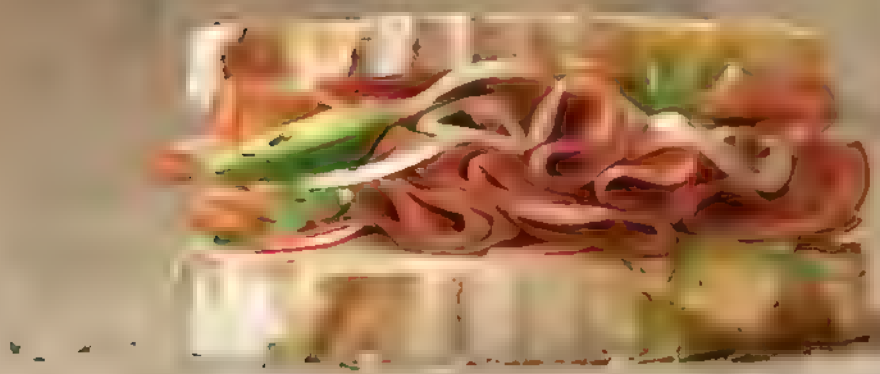

NO [redacted] | NO [redacted] | NO [redacted]

DISCOVER A WORLD OF TASTE

*EXCEPT THOSE NATURALLY OCCURRING IN CELERY JUICE AND SEA SALT

PUMPKIN POWER
Treat yourself to this dessert and you'll get 143% of your daily value for vitamin A, a nutrient that may help bolster your immune system.

Pumpkin Spice Pudding

ACTIVE: 30 min. **TOTAL:** 2 hrs.
TO MAKE AHEAD: Refrigerate for up to 3 days. Top with whipped cream (Step 4) just before serving.
EQUIPMENT: Ten 6-ounce dessert dishes

The key to smooth pudding is slow and constant whisking. A staff favorite, this is one you'll want to pin for an easy make-ahead holiday dessert.

PUDDING
- ¾ cup packed light brown sugar
- ¼ cup cornstarch
- 2 teaspoons pumpkin pie spice
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- Pinch of ground pepper
- 2½ cups milk, preferably whole
- ½ cup heavy cream
- 3 large eggs
- 1 15-ounce can pumpkin puree

TOPPING
- ½ cup heavy cream
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger
- Gingersnaps for garnish

1. To prepare pudding: Whisk brown sugar, cornstarch, pumpkin pie spice, cardamom, salt and pepper in a large saucepan. Whisk in milk and cream. Cook over medium-high heat, whisking slowly, until steaming but not boiling. Remove from heat.

2. Whisk eggs in a large bowl. Slowly whisk in 1 cup of the hot milk mixture. Then whisk the egg mixture back into the pan. Cook over medium heat, whisking slowly, until steaming and just starting to bubble. Then cook, whisking, until thickened and bubbling, 2 to 3 minutes more. Remove from heat. Whisk in pumpkin puree until thoroughly combined.

3. Divide the pudding among ten 6-ounce dessert dishes. Let cool 30 minutes. Place on a baking sheet and cover with plastic wrap. Refrigerate until cold, at least 1 hour and up to 3 days.

4. To prepare topping: Just before serving, beat cream with cinnamon and ginger in a medium bowl until soft peaks form. Serve the puddings topped with whipped cream and crumbled gingersnaps, if desired.

SERVES 10: ½ cup each

CAL 252 / **FAT** 12G (SAT 7G) / **CHOL** 89MG / **CARBS** 27G / **TOTAL SUGARS** 21G (ADDED 16G) / **PROTEIN** 5G / **FIBER** 1G / **SODIUM** 178MG / **POTASSIUM** 239MG.

THE GREAT PUMPKIN Find more pumpkin dessert recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE MITCHELL, PROPS

Oscar Mayer
GRAB & GO JUST GOT NATURAL
MEAT & CHEESE PLATES
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NATURAL
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17g OF PROTEIN
NO ARTIFICIAL INGREDIENTS

Tame hunger by adding an avocado to your A.M. routine. People in a recent study who did that as part of their breakfast reported feeling fuller for the next six hours, according to research in the *FASEB Journal*. Healthy fat helps quash hunger, but avocado packs fiber as well. Together, the two nutrients send stronger signals to your brain that you're satisfied for longer, says one of the researchers. *Jessica Migala*

BREAKFAST BOOSTER AVOCADO

NUTRITION INFO: page 110

To prepare omelet: Beat 2 large **eggs** with 1 tsp. **milk** and a pinch of **salt.** Cook in 1 tsp. **olive oil** in a small nonstick skillet over medium heat until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over and cook until set, about 30 seconds more. Top with one of the variations below.

Avocado & Smoked Salmon
¼ sliced **avocado,** 1 oz. **smoked salmon,** 1 Tbsp. fresh **basil** and ½ tsp. **olive oil.**

Avocado & Kale
¼ sliced **avocado,** 1 cup chopped **kale** tossed with 1 Tbsp. each **lime juice** and **cilantro,** 1 tsp. **olive oil** and a pinch of **crushed red pepper** plus 1 tsp. unsalted **sunflower seeds** and a pinch of **salt.**

Avocado & Arugula
¼ diced **avocado,** ½ cup **arugula** tossed with 1 tsp. each **olive oil** and **lemon juice** plus 2 Tbsp. **plain whole-milk Greek yogurt** and a pinch of **salt.**

BLAINE MOATS, STYLING: SUE BOSS; FOOD: SUE MICHELL (PROPS)

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FARM FRESH EGG-LAND'S BEST

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Go for rye toast or rye crisps to curb your appetite. According to research published in *Nutrition Journal*, study participants who ate breakfasts built around 230 calories of rye crisps reported less hunger after breakfast versus those who ate white bread, and they consumed 56 fewer calories at lunch. The fiber in the rye may help keep blood sugar levels steady and trigger the body to release appetite-suppressing hormones. Try rye bread, too: the researchers noted that rye may have a unique structure that lets it outperform other whole grains. *—J.M.*

Ham & Jam Smørrebrød
Divide 2 tsp. each **cultured butter** and **lingonberry (or raspberry) jam**, 2 oz. thin-sliced **ham** and **chives** to taste between 2 **rye crispbreads.**

Peanut Butter & Fig Smørrebrød
Divide 2 Tbsp. **peanut butter**, 4 sliced **dried figs**, 2 tsp. **pepitas** and 1 tsp. **coconut flakes** between 2 **rye crispbreads.**

Cream Cheese & Cucumber Smørrebrød
Divide 2 Tbsp. each **cream cheese** and **walnuts**, 8 slices **cucumber**, 1 tsp **honey** and a pinch of **salt** between 2 **rye crispbreads.**

BLAINE MOATS, STYLING; SUE HOSS & JODY SUE WATTS-HILL, PROPS

NUTRITION INFO: page 110

From beginning to end: support all the way through.

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BREAKFAST BOOSTER ALMONDS

Make almonds part of your morning routine to keep your blood sugar levels on an even keel, particularly if you're at risk for type 2 diabetes. Research reported in the *European Journal of Clinical Nutrition* suggests that when study participants added 1½ ounces of almonds to their breakfasts for four weeks, their blood sugar levels were lower one hour after the meal compared to non-nut eaters. The almonds' fiber and fat put the brakes on the sugar roller-coaster by reducing glucose absorption during digestion, say researchers. And, even though the nut eaters ate more calories at breakfast, they didn't gain weight. The researchers say the almonds' mix of protein, healthful fats, fiber and crunchy texture may encourage people to naturally eat less. —*J.M.*

NUTRITION INFO: page 110

Mango-Almond Smoothie Bowl

Blend: ½ cup each frozen chopped **mango** and nonfat plain **Greek yogurt,** ¼ cup each frozen sliced **banana** and plain unsweetened **almond milk,** 3 Tbsp. unsalted **almonds** and ⅛ tsp. ground **allspice**
Top: ¼ cup **raspberries,** 2 Tbsp. unsalted **almonds** and ½ tsp. **honey**

Almond-Matcha Green Smoothie Bowl

Blend: ½ cup each frozen sliced **banana** and **peaches,** ½ cup each **spinach** and unsweetened **almond milk,** 3 Tbsp. slivered **almonds,** 1½ tsp. **matcha tea powder** and 1 tsp. **maple syrup**
Top: ½ **kiwi,** diced, and 2 Tbsp. slivered **almonds**

Berry-Almond Smoothie Bowl

Blend: ⅔ cup frozen **raspberries,** ½ cup each frozen sliced **banana** and plain unsweetened **almond milk,** 3 Tbsp. sliced **almonds,** ¼ tsp. ground **cinnamon,** ⅛ tsp. each ground **cardamom** and **vanilla extract**
Top: ¼ cup **blueberries,** 2 Tbsp. sliced **almonds** and 1 Tbsp. **coconut flakes**

BLAINE MOATS, STYLING: SUE HOSS; FOOD STYLING: HELI CROPS

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fresh

Technicolor Tahini

TRENDING **Ask star chef and James Beard Award winner Michael Solomonov** about the recent rise in popularity of tahini and his answer is unequivocal: "It's here to stay. Diners are becoming more worldly and there's been a globalization of Middle Eastern cuisine," he says. "And we now have access to good tahini."

No longer limited to hummus, tahini is now being paired with a rainbow of flavors. The roasted sesame seed paste is lending its creamy richness to both sweet and savory dishes: it tops tacos and roasted veggies, is blended into ice cream and is even added to hot chocolate. (Try it in the granola bars on page 36—it'll help hold the bar together without adding more sugar. Plus, it has as much protein as a nut butter.)

Jump onto the tahini trend with these recipes that combine it with ginger and turmeric, spinach and dill, and pomegranate juice. *(Recipes on page 52.)*

–Sara Toth Stub

TRY TAHINI More ways to use this versatile ingredient at eatingwell.com/webextra

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Easy Tahini Dips

EACH RECIPE MAKES: 1 cup (8 servings)

Turmeric-Ginger Tahini Dip

Whisk until mostly smooth:

- ½ cup tahini
- ¼ cup rice vinegar
- ¼ cup water
- 1 Tbsp. grated fresh ginger
- 2 tsp. ground turmeric
- 1 tsp. grated garlic
- ½ tsp. salt

CAL 92 (PER 2 TBSP)

Green Tahini Ranch Dip

Process in a blender until mostly smooth:

- 1 cup packed baby spinach
- ½ cup tahini
- ½ cup water
- ¼ cup chopped fresh dill *and/or* chives
- 2 Tbsp. white-wine vinegar
- 1 clove garlic
- ½ teaspoon salt

CAL 91 (PER 2 TBSP)

Pomegranate-Beet Tahini Dip

Whisk until mostly smooth:

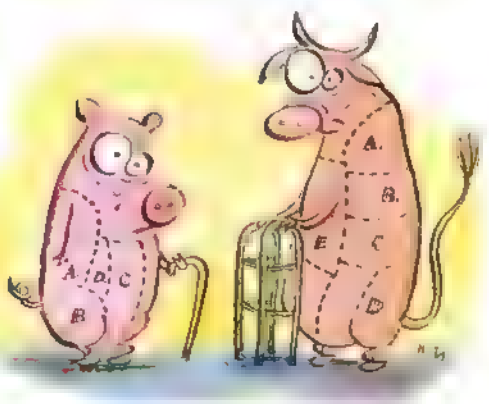
- ⅓ cup tahini
- ⅓ cup plain kefir
- ¼ cup finely grated red beet
- 2 Tbsp. lemon juice
- 2 Tbsp. pomegranate juice
- 1 tsp. ground cumin
- 1 tsp. honey
- ½ tsp. salt

CAL 72 (PER 2 TBSP)

Aged to Perfection

CHEFS ACROSS THE COUNTRY ARE TURNING TO THE RICHER FLAVOR OF OLDER ANIMALS

BY MAGGIE HENNESSEY



"It's like the first time you taste a home-grown carrot compared to an out-of-season supermarket carrot," says Pau Fehribach, chef/co-owner of Big Jones in Chicago, describing the taste of meats from mature animals. "Younger animals are more succulent, but you can't equate tenderness with flavor."

Most of the meat we eat comes from young animals—6-month-old pigs, 1- to 2-year-old cattle and 5-week-old chickens. But a new class of chefs are tapping retired working animals, such as dairy cows (6 to 8 years old) and old laying hens (1 to 2 years old), as a resource of deeply flavorful meat. Usually, these older animals would become ground meat or go into pet food, but Fehribach would rather make this meat be the star of the plate. He serves daube featuring mutton, and country hams from breeding sows. Elsewhere, José Andrés (Bazaar Meat, Las Vegas) and Mark Canzonetta (Aqua Pazzo, Boardman, Ohio) are showcasing aged steaks made from retired dairy cows.

These cuts are ideal for low-and-slow cooking, which tenderizes this otherwise tough meat. Laying hen meat brings a rounder, richer flavor to coq au vin. Older hogs add a sausage-esque quality to chilis, while mutton stands up nicely to spicy curry. Seek out this meat at your farmers' market. Says Fehribach: "Any farmer would be thrilled to start that conversation."

TOP: MAREN CARUSO. STYLING: ROBYN VALARIK. ILLUSTRATION BY HAL MAYFORTH

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SOURCE: *PHYSIOLOGY & BEHAVIOR*

Get Wasted!

HOW ONE CRUSADER IS REDUCING FOOD WASTE BY MAKING BREWS FROM BREAD. BY PRATHAP NAIR

In Tristram Stuart's home country of England, bread tops the list of the most commonly wasted food. Consumers in the U.K. throw out an estimated 24 million slices of bread annually. So when Stuart, a food-waste advocate, caught wind that the folks at Brussels Beer Project made beer with stale loaves, he was inspired to start his own company, Toast Ale, in 2015. Toast collaborates with breweries to make its five beer varieties using bread that would have been tossed. Plus, it helps other breweries develop their own bread-based beers, like Wiper and True's Bread Pudding, an amber ale made with brandy-soaked currants and infused with vanilla, cinnamon and lactose. The result of all this brewing: over 11,000 pounds of bread have avoided the trash.

Now, Toast is taking on the Big Apple. Last spring, the company brewed an American pale ale with the Bronx's Chelsea Craft Brewing Company using 300 pounds of unsold bread from Aladdin Bakers in Brooklyn. The light, refreshing beer has a bright flavor brought on by the Citra and Cascade hops. Stuart hopes to turn 10,000 pounds of bread into beer in Toast's first year in America. New York City bars started pouring Toast American Pale Ale in August and its cans are available at Whole Foods in New York City and Long Island. Homebrewers outside of the NYC area can whip up a batch themselves—Toast Ale has made its recipe available for free at *toastale.com*.

"It's a really scalable way to utilize unused bread," says Stuart. "There's no reason why this shouldn't be a successful business model."

WASTE NOT
Find three more food companies turning trash into treats at eatingwell.com/webextra

PET HEALTH

What should I feed my pet for a long, healthy life?

The most important diet-related factor in longevity is keeping your pet trim for life. Research shows that Labradors that were fed 25 percent less since puppyhood (and were thinner) lived up to two years longer than their heavier littermates. They also had fewer joint problems as they aged. For older dogs showing signs of stiffness, there are therapeutic diets available from your veterinarian that are very high in omega-3s, which can decrease pain and improve mobility in dogs with existing arthritis.

Another common concern with older pets is cognitive dysfunction—"doggie dementia." Older pets can take longer to learn, forget their housetraining and have altered sleep-and-wake schedules. Some special diets supplemented with specific fats and antioxidants as prescribed by a vet can reduce these issues and enhance learning, helping to ensure that their golden years are happier for the whole family.

—Cailin Heinze, VMD, MS, DACVN (petfoodology.com)

Send us your pet question at **AskUs@eatingwell.com**

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GOOD+
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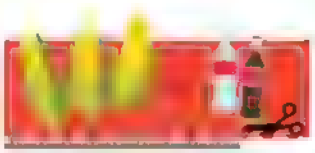
The New Farm Bill: What You Need to Know

You might not think you need to pay attention to legislation called "the farm bill" if you're not a farmer. But you do eat, right? So listen up! The farm bill not only impacts the agricultural economy, but also the cost of food, and even things like the environment, rural internet access, organic and local food, the dinner tables of 45 million low-income Americans and so much more. It gets authorized by Congress every five years and lawmakers are already at work on the 2018 U.S. Farm Bill. Here are four of its most contested issues. *By Erika Eichelberger*

$24B CURRENT BUDGET*

COMMODITY CROP SUBSIDIES



PROPOSED CUTS FOR THE 2018 FARM BILL

-1%

Dating back to the Great Depression and then World War II, the government has played a role in supporting farmers who grow crops deemed essential (i.e., **commodity crops.** These subsidies directly pay farmers when prices or revenues fall. Critics on both sides of the aisle take issue with the billions handed out. The main food crops that qualify for subsidies are corn, soybeans, wheat and rice—troubling because corn and soy, in particular, often end up in processed foods. "This makes junk food ridiculously cheap and at the same time funnels millions of dollars into big, corporate farms that don't need the taxpayers' help to survive," says Willy Ritch, the acting executive director of Food Policy Action.

$28B CURRENT BUDGET*

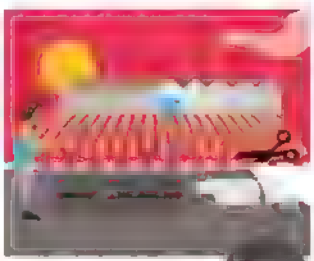
CONSERVATION PROGRAMS

-10%

Conservation programs provide funding to protect natural resources. For instance, the Conservation Reserve Program enabled Ralph Duyck to plant 25,000 trees and shrubs on his farm in Oregon to protect water quality around the Tualatin River Watershed. Another program—the Conservation Stewardship Program—rewards farmers for following sustainable growing practices on their cropland. Currently, 70 million acres are enrolled. And dollars go to fund conservation that keeps land from being developed. "Farm bill programs create opportunities for land trusts to conserve farm and ranch lands, grasslands, wetlands and forests," says Wendy Jackson, executive vice president of the Land Trust Alliance.

$41B CURRENT BUDGET*

CROP INSURANCE



-34%

This section provides subsidies to farmers to purchase private **crop insurance** to cover yield loss and price volatility. Critics say these subsidies should be capped because the largest farms tend to reap the biggest benefits. One-third of this money goes to only 4 percent of participating farms. Paul Wolfe, a senior policy specialist at the National Sustainable Agriculture Coalition, explains that this gives large farms an advantage: since they aren't spending as much of their own money on insurance, they have more cash to bid up land prices, further marginalizing smaller farms. "The federal crop insurance program should not be making farmers into kings and paupers," says Wolfe.

$361B CURRENT BUDGET*

NUTRITION PROGRAMS (INCLUDING SNAP)

-25%

Most of the funding from the **nutrition** section goes to the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, which is the widest-reaching anti-hunger program in the U.S. President Trump is pushing to cut the SNAP budget by 25 percent. Ed Bolen, a senior policy analyst at the Center on Budget and Policy Priorities (CBPP), explains: "States would have to pay for 25 percent of the program [currently, SNAP is federally funded to account for state-by-state differences in hunger] but they would be allowed to cut benefits if this new cost stretched their budgets." And the CBPP estimates that other changes mean roughly 1 million people would no longer be eligible for SNAP.

*Over five years.

KELLY ANDERSON

When Your Mouth Speaks, Listen.

Your mouth is a window into your wellness. Nine out of 10 dentists say that dental and medical docs should practice collaboratively because oral health problems can be linked with other conditions.

First, there's your ticker. Patients with periodontitis have a greater risk of plaque blockages in their arteries, according to a review by U.K. researchers. "When bacteria accumulate around the gums, they cause tiny holes in the gum lining, allowing bacteria to enter the bloodstream and cause damage around the body," says study co-author Praveen Sharma.

Gum inflammation may be a sign of impaired blood sugar function. A Duke University study found that people with diabetes suffered about twice the tooth loss as those without the disease.

Finally, periodontitis can stem from acid reflux because sufferers often don't have enough saliva, leaving teeth vulnerable to bacteria and acid. Having reflux almost triples your risk of this condition, and also raises the odds of cavities by 150 percent, reported research in the journal *Gut & Liver*. –*J.M.*

Eating an apple can combat garlic breath. Its natural phenolic compounds act as deodorizers.

SOURCE: *JOURNAL OF FOOD SCIENCE*

Healthy Bites for Pearly Whites

GO BEYOND BRUSHING AND FLOSSING TO PROTECT YOUR TEETH. HERE'S WHAT TO MUNCH ON TO GIVE YOUR SMILE A HEALTHY ADVANTAGE. BY JESSICA MIGALA

Omega-3s Dig your teeth into foods rich in omega-3 fatty acids, such as canned light tuna (200-500 mg per 3-oz.). When adults with periodontitis—gum inflammation that can lead to tooth loss—took a 300 mg omega-3 supplement daily for 12 weeks as part of their treatment, they had less inflammation and shallower "pockets" (spaces around teeth that make them loose) compared to those who received the same treatment and took a placebo.

Green Tea Packed with catechins (plant compounds with antioxidant properties) as well as naturally occurring fluoride, green tea appears to inhibit the bacteria and acid responsible for tooth decay, according to a review in the journal *Pharmacognosy Review*. The study looked at preliminary data, so more research is needed before suggesting the right dose, but the researchers still recommend sipping unsweetened green tea.

Milk & Yogurt Danish researchers discovered that each daily 3.4-oz. serving of milk drops periodontitis rates by 4 percent. Calcium maintains your teeth's structure, and the "good" bacteria in yogurt may suppress "bad" bacteria that can lead to tooth loss. Bonus: Most milk is fortified with vitamin D (125 IU per cup). A study from the *Indian Journal of Public Health* found that taking a 500 IU vitamin D supplement daily decreased the severity of gingivitis.

SHINE ON Watch how food can help you naturally brighten your smile at eatingwell.com/webextra

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Hydrate Right

FIGHTING BREAST CANCER WITH HELP FROM BETTER WATER BOTTLES. BY AMY PATUREL, M.S., M.P.H.

"The climb is a metaphor for anyone who faces difficult challenges in life," says Michelle Kalberer, describing her ascent of Mount Shasta. "My mom, stepmom and best friend are all breast cancer survivors. I climb for them and for all those touched by this awful disease." Hiking this 14,179-foot peak is part of the Breast Cancer Prevention Partners' Climb Against the Odds, an annual mountaineering expedition that's raised more than $4.5 million for breast cancer prevention since 2003.

But her steps up Mount Shasta aren't the only ones Kalberer has taken against breast cancer. She is also the co-owner of Klean Kanteen, a company that makes stainless-steel water bottles which may be a healthier alternative to plastic.

Research suggests that the hormone-like effects of bisphenol A (BPA) in some plastics may cause breast and other types of cancer. And BPA-free plastic might not be better. A new study found that a common BPA alternative, bisphenol S (BPS), also acts like estrogen on breast cancer cells, multiplying their growth.

Both BPA and BPS are seemingly everywhere, particularly in plastic water bottles (they are also found in aluminum-can linings and paper receipts), so consider upgrading to stainless-steel or glass. Other bottles that are free of BPA and BPA alternatives include bkr, Lifefactory, Hydro Flask, SIGG and S'well.

COURTESY KLEAN KANTEEN INSETS PHOTO: GETTY IMAGES

THE TRUTH METER: APPLE EDITION

WHOLE APPLES ARE BETTER THAN JUICE

Eating fiber-rich apples can lower LDL ("bad") cholesterol, while drinking fiber-stripped apple juice may raise it. Plus, the fruit is more effective at quashing hunger than the drink (thanks to the fiber as well as the act of chewing).

APPLE CIDER VINEGAR

Some studies in mice show that apple cider vinegar may improve blood sugar, and a handful of human studies suggest that people with diabetes and prediabetes may benefit too. Promising, but still preliminary.

APPLES ARE #4 ON THE DIRTY DOZEN LIST

The USDA found 16 types of pesticide residues on apples. But not every apple has that many on it. The average has about four. This is still high (apples are #4 on the Environmental Working Group's Dirty Dozen list), so consider buying organic.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

Dartmouth researchers put this to the test and found that the catchphrase doesn't hold water—753 daily-apple eaters were just as likely to need a doctor as those who didn't have the fruit.

—Julia Westbrook

YOU ASKED

I'm dieting. Should I skip fruit (and its sugar)?

Sugar is the simplest form of carbohydrate. It occurs naturally in lots of foods like milk, honey, some vegetables and fruit. Yes, fruit contains several kinds of sugars. But roughly half of them come from fructose. Fructose also makes up about half the carbohydrates in table sugar and high-fructose corn syrup. Because fructose-laden sweets have been linked to weight gain, some diet books—including *The 4-Hour Body* and *Why We Get Fat*—make the leap that the fructose from fruit is problematic too. That's hardly the case.

Overwhelmingly, research finds that people who eat fruit tend to be slimmer than those who don't. In one study, 107 overweight and obese volunteers followed one of two equal-calorie weight-loss plans for six weeks: one containing less than 20 daily grams of fructose from fruit and the other with 50 to 70 grams of fructose a day from fruit. The results: the high-fruit eaters lost an average of 48 percent more weight than the low-fructose group (about three pounds more).

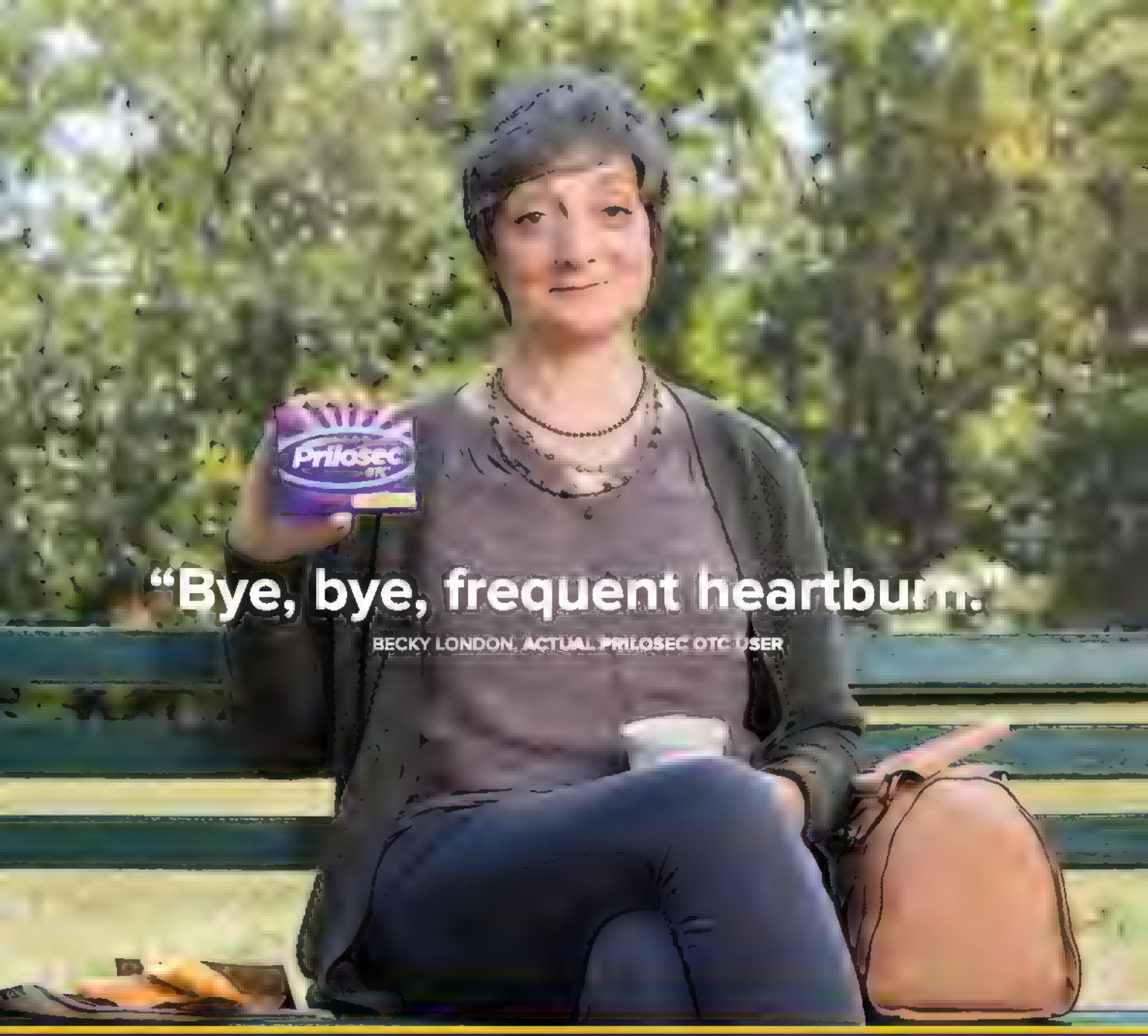
Why the difference? First of all, fruit is more than just fructose. It's rich in fiber, which encourages the growth of beneficial gut bacteria, and magnesium, which helps our bodies use insulin more efficiently. Plus, it doesn't cause fat-promoting blood sugar spikes the same way processed foods that contain fructose do. Then there's the simple issue of calories. While it's easy to quickly down a giant soda, we rarely overload on fruit. In fact, most of us aren't consuming nearly enough, with 38 percent of Americans eating less than one serving a day—a far cry from the recommended 2 cups per day.

BOTTOM LINE: If you're watching your weight, enjoy fruit. Sweet news!

—Karen Ansel, M.S., R.D.N.

AskUs@eatingwell.com

SUGAR SMARTS Fruit keeps it sweet in our 1-Day No-Added-Sugar Meal Plan at eatingwell.com/webextra



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Think Fatty Liver Is an Alcoholic's Problem? Think Again
Do You Have a Fatty Liver? 90 Million Americans Do!
Fatty Liver Disease: What your doctor doesn't know
What Is Fatty Liver?
The hidden disease that killed George Michael, explained
Your liver is fat

Before the hyped headlines freak you out, here's what you need to know about fatty liver disease.

By Micaela Young, M.S., C.P.T.

Fatty liver disease has been all over the news lately (yes, these are real headlines!). If you're not exactly sure what fatty liver disease is, know that it's usually associated with alcoholism. The condition that's getting attention now is *non*alcoholic fatty liver disease (NAFLD). As the name suggests, NAFLD is when fat accumulates in the liver for reasons other than alcohol abuse. And it's a growing condition: an estimated one-third of American adults have it. (For perspective, that's nearly triple the number of those with type 2 diabetes.) Most people show no symptoms at all, which is why it's called a "silent" disease. And, as many as 1 in 5 cases progress to a more aggressive form of liver inflammation, called nonalcoholic steatohepatitis (NASH), which can lead to cirrhosis and liver cancer.

Experts aren't sure of the cause, but hold off on hitting the panic button—most people with NAFLD don't develop further complications. And there are clear risk factors for NAFLD: obesity, high cholesterol, high triglycerides, high blood pressure and excess belly fat. The go-to screening is to check liver enzymes with a blood test. If they're abnormal, noninvasive ultrasound or MRI scans can reveal if there is further damage.

Another positive: Diet and exercise are proving to be effective solutions. Losing 5 to 10 percent of your total body weight can reduce liver inflammation and fat buildup in the organ. But keep the shedding gradual—a pound or two a week. Dropping too much weight too fast may worsen the disease.

As far as what to eat, think Mediterranean: diets higher in olive oil and omega-3s, lower in saturated fats, and including plenty of fruits and vegetables. When in doubt, steer away from the hallmarks of a Western diet: processed meats, full-fat dairy and refined carbs.

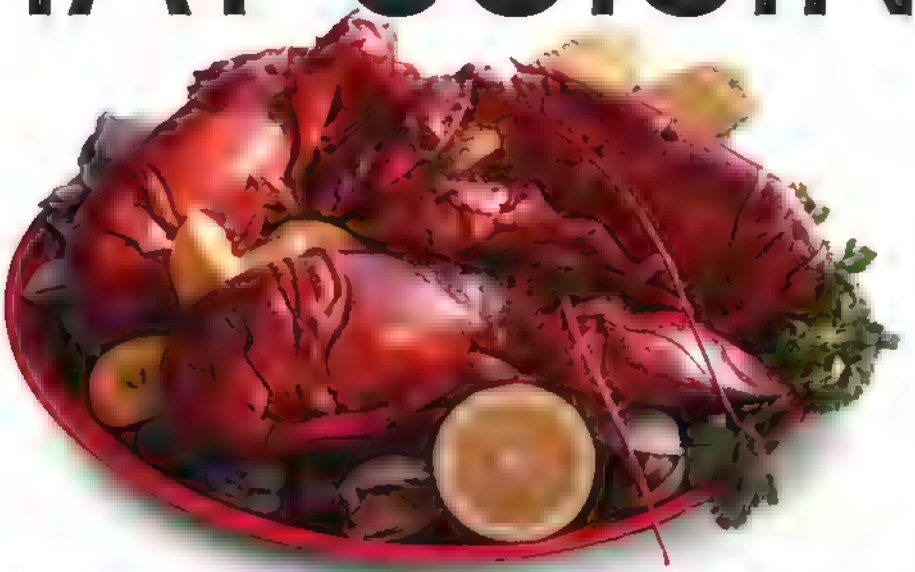
Of course, when poking around on the internet turns up so-called health claims with no science to back them up, things sound scary. One popular claim is that high-fructose corn syrup (HFCS) is public enemy No. 1 when it comes to the liver. No, HFCS *alone* isn't likely to be a major cause of NAFLD, but research does support cutting back on sodas and added sugars for liver health. Some other touted recommendations—turmeric, milk thistle, coffee, garlic, green tea, ginger, dark chocolate—may reduce inflammation, but the evidence is weak that any of them improve NAFLD.

BOTTOM LINE: Experts are concerned about NAFLD because most cases go undiagnosed, and if NAFLD progresses, the complications can be serious. If you're at risk, talk to your doctor so you can take steps to protect your liver if necessary.

THELIST/GETTY IMAGES

BETTER THAN DETOX Check out these Mediterranean recipes to keep your liver healthy at eatingwell.com/webextra

THAT CUISINE



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Made in Ireland with milk from grass-fed cows, it's a taste that says a thousand words

OUR FIRST ANNUAL LIST OF THE TOP 10 LEADERS MAKING FOOD BETTER RIGHT NOW

2017 AMERICAN FOOD HEROES

BY JANE BLACK • PHOTOGRAPHY BY BILL WADMAN • TYPOGRAPHY BY KELLI ANDERSON

FIGHTING FOR IMMIGRATION REFORM

José Andrés
Chef and Owner, ThinkFood Group

When José Andrés took the stage at a recent dinner in his honor in Miami, he didn't use his platform to plug his newest (and 17th) restaurant or his impressive charitable work feeding hungry kids. Instead, he tore off his white chef's coat to reveal a black T-shirt with red lettering: *I am an immigrant*. He got a standing ovation.

It was all very Clark Kent—if the mild-mannered newspaper reporter were an extroverted, twinkly-eyed, globetrotting chef. While this shtick, a direct response to President Donald Trump's call to build a wall on the border with Mexico, is new, his activism is not. Andrés inserted himself into politics as soon as he arrived in Washington, D.C., as a 23-year-old chef, from Spain via New York City. He volunteered at DC Central Kitchen, a soup kitchen that offers culinary training to the unemployed and turns wasted food into meals for the needy. Later, he took the concept global, launching World Central Kitchen to develop restaurants, a cooking school and coffee roasteries in countries including Haiti, Nicaragua and Zambia.

Fighting hunger, helping people eat better and supporting local farmers are, of course, standard issues for celebrity chefs, who often stick with less controversial causes. But Andrés has fearlessly plunged into the political debate around immigration. It began when then-candidate Trump called Mexicans drug runners and rapists, and Andrés pulled his planned restaurant out of Trump's new Washington hotel. (Trump slapped him with a $10 million lawsuit, which has since been settled.) But the issue is still central to Andrés personally and professionally: according to one report, undocumented workers make up at least 10 percent of the hospitality industry and 13 percent of farmworkers, though the numbers are probably higher. In February, when protesters called for a "Day Without Immigrants," Andrés shut down five of his Washington restaurants. Chefs, the 48-year-old says, can't pick and choose their issues—fighting hunger but not, say, for immigrants' rights. "This [activism] is not something I planned. It's not something I prepared myself for," he says. "But when someone gives you a platform, you have to use it."

EatingWell 2017 AMERICAN FOOD HEROES

DELIVERING HEALTHIER SCHOOL LUNCHES

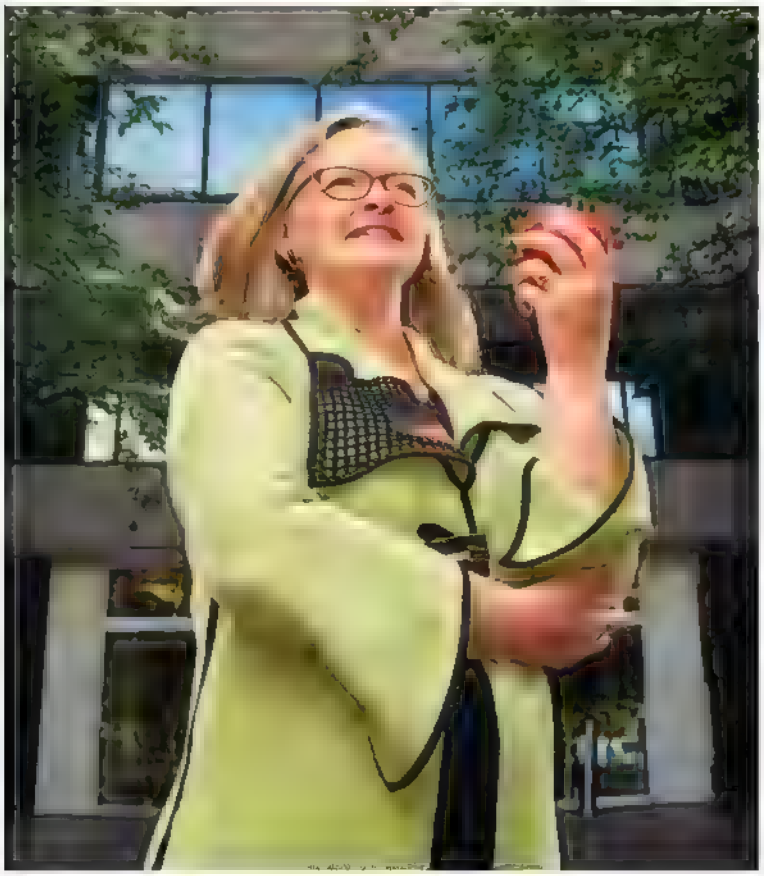
Betti Wiggins
Officer of Nutrition Services, Houston Independent School District

Betti Wiggins never had one moment that radicalized her. The push to take action surrounded her: rising obesity and diabetes rates; projections that this generation of kids would live shorter lives than their parents; the phenomenon of the 100-pound 6-year-old. "You'd have to be dead not to realize what's happening with our food system," she says with characteristic humor. "I thought I could make an impact."

And so she has. One of her first moves as executive director of the Office of School Nutrition for Detroit Public Schools was to fire the food-service contractor that provided school meals. This saved big bucks and allowed her to more than double the amount spent on actual food. Today, what you'll find on Detroit school trays—potato-crusted pollack and Michigan sweet corn—is as impressive as what you won't: iceberg lettuce, corn dogs and chocolate milk. Over time, Wiggins built a system that feeds all 57,000 students at 141 schools two, sometimes three, meals a day for free. (Previously, 72 percent qualified for free food.) She also christened 80 school gardens, six hoop houses and a 2.5-acre production farm within the Detroit city limits.

Wiggins's success lies in her pragmatism. Her ban on chocolate milk had less to do with its high sugar content than the fact that kids don't have enough time to eat. Let's face it, kids always drink the chocolate milk first, leaving less room for the fruits and vegetables. "You're a 5-year-old. Of course that's what you're going to do," she says. Though many school-food reformers hail cooked-from-scratch food as fresher and more healthful, Wiggins says that doesn't make practical or financial sense in Detroit. "I had schools that were built before Jesus was born," she says. Instead, her cooks steamed brown rice, black-eyed peas and frozen vegetables and reheated precooked chicken breasts. No apologies necessary.

Wiggins's philosophy: "Just like pencils and books, kids need a good diet to be educated." This school year, she starts in Houston, where 215,000 public-school students should expect school lunch to get a whole lot better.



ADVOCATING FOR MENU LABELING

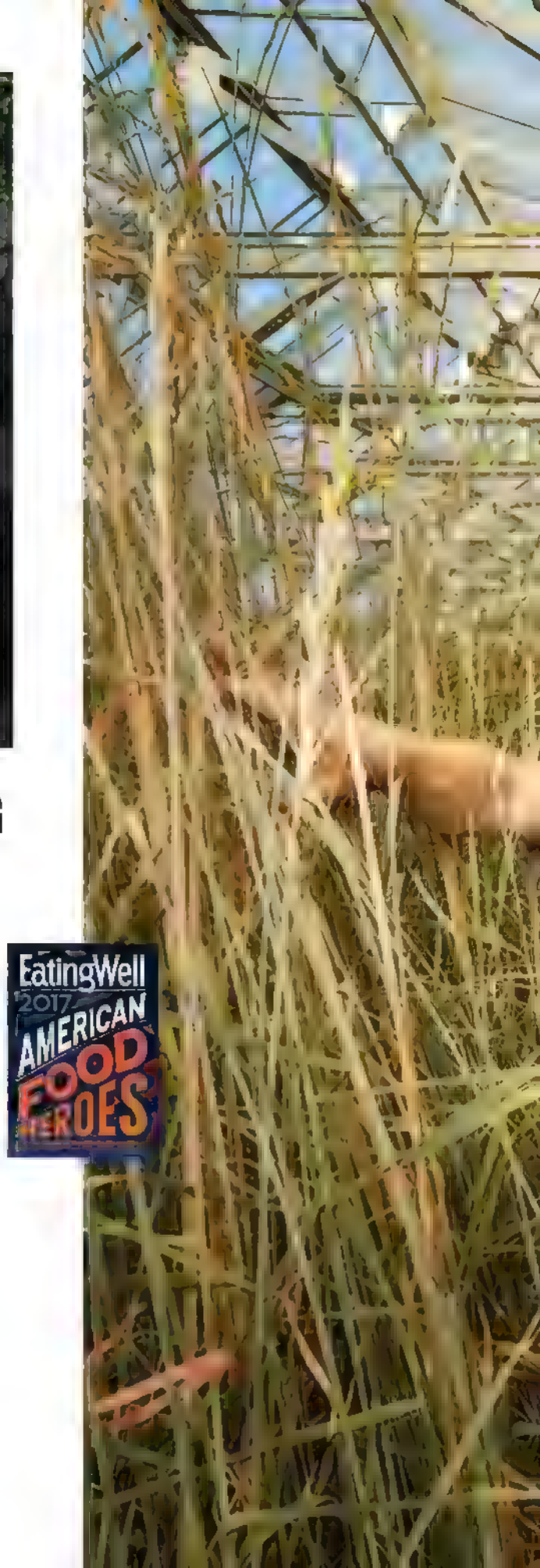
Margo Wootan Director of Nutrition Policy, Center for Science in the Public Interest

If you recently passed on a blueberry scone at Starbucks when you saw it had 420 calories, you probably have Margo Wootan to thank. For 25 years, she has been an indefatigable advocate in Washington, D.C., for sensible nutrition policies. No easy task. And yet, she has amassed an impressive list of accomplishments, including a ban on trans fats, healthier guidelines for school meals, restricted marketing of junk food to children and (almost) mandatory calorie labeling on chain-restaurant menus.

Wootan's success rate in do-nothing Washington is a testament to her mastery of both the substance and the art of the deal. But it is her tirelessness, underpinned by a defiant optimism that right can prevail, that sets her apart. Menu labeling is a case in point.

Beginning in 2002, Wootan became increasingly alarmed by the jaw-dropping number of calories in many restaurant meals and the number of times per week Americans were eating them. So she maneuvered and cajoled policymakers to mandate that chain restaurants list calories on their menus. At her urging, 23 state and local governments passed laws, and progressive companies like Starbucks and Le Pain Quotidien voluntarily posted calories nationally. In 2010, even Congress took action. A national law was scheduled to take effect on May 5 of this year.

Except it didn't. At the behest of the pizza lobby, the Trump administration postponed implementation for at least another year. But if that looked to others like 15 years of work was wasted, it didn't to Wootan: "This isn't the first bump in the road that I've experienced with menu labeling," she says. "We'll do all we can to ensure that the FDA doesn't cave to industry pressure for further delay, or worse yet, weaken the policy" at consumers' expense.



BREEDING A MORE SUSTAINABLE WHEAT

Lee DeHaan
Lead Scientist, Kernza® Domestication Program, The Land Institute

Once upon a time, long before settlers transformed the American Midwest into some of the most productive farmland in the world, it was a vast prairie: a tangle of grasses, flowering plants, shrubs and sedges. Their roots reached deep into the ground, storing nutrients and energy and preventing erosion.

Settlers' plows tore up that underground network, replacing it with corn and wheat. Unlike the native species—perennials that come back year after year—annuals must be planted each spring. With only enough time to grow shallow, wispy roots before harvest, these crops quickly deplete the soil and then require fertilizer to thrive.

Wes Jackson, a visionary plant geneticist and founder of the Land Institute in Salina, Kansas, has strived for more than 40 years to introduce perennials to agriculture. Lee DeHaan has been his lieutenant in charge of wheat for the last 15 of them, refining a strain of intermediate wheatgrass into a commercially viable crop dubbed Kernza.

From an environmental perspective, Kernza does all the things perennial prairie grasses do. It sends a cloud of roots as deep as 10 feet into the ground, helping build up the nutrients in the soil and hold it in place. And because the ground doesn't need to be plowed and replanted every year, carbon dioxide (a greenhouse gas) gets buried rather than released into the air, and less soil and nutrients run off the land when it rains.

Kernza, though a little bit grassy, tastes pretty good too. A handful of bakers and chefs are now getting their first chance to test Kernza tortillas, muffins and bread. Last year, Patagonia Provisions began brewing a Kernza beer, cleverly named Long Root Ale. Cascadian Farm, an organic division of General Mills, also recently announced a $500,000 donation to fund Kernza research and promised to buy grain to develop commercial products that use Kernza.

DeHaan's work is not yet done. The Land Institute recently completed a genome map of the Kernza plant, which will let DeHaan improve it more quickly so that it can compete with annual wheat. (To be clear, this is not genetic modification; it helps DeHaan to choose the right crosses, rather than having to grow out every combination in the field.) The goal, he says, is nothing short of a plant that can "produce an abundant yield to meet human food needs, yield a profit for farmers and protect the land and environment."

MODELING A BETTER WAY TO GROW SEAFOOD

Bren Smith
Executive Director of GreenWave and owner of Thimble Island Ocean Farm

On paper, Bren Smith is not a likely candidate to save the oceans. He can't swim. He's allergic to most shellfish. For years he went to Alaska and the Pacific Northwest to fish commercially, catching everything he could get his hands on. He was, by his own description, a cog in an unsustainable machine. Then one day in 1992, he was standing on the deck of a factory trawler in the Bering Sea, surrounded by a sea of dead bycatch. That same season the cod stocks crashed back home in Newfoundland. He decided to do something different.

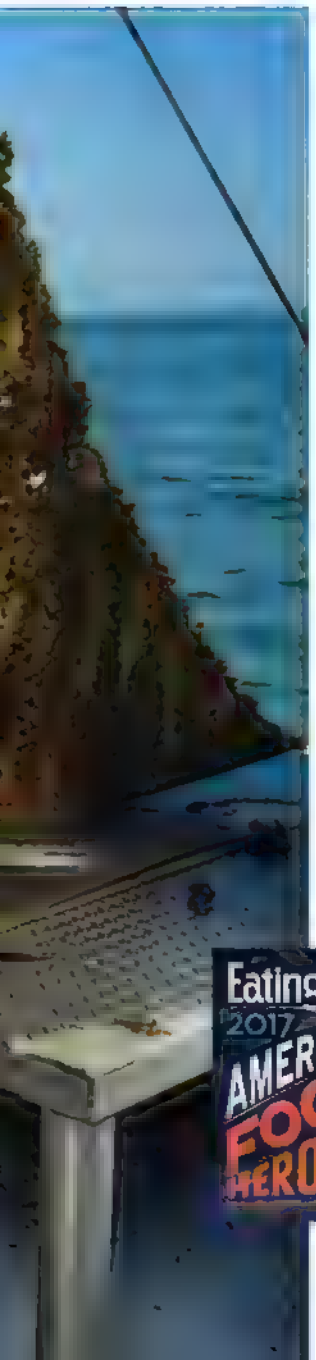
Smith moved to Connecticut and began farming oysters. But two hurricanes, Irene and Sandy, decimated his farm. He learned the hard way that today's extreme weather demands a hardier system and more diversified crops. His solution: a system of 3-D underwater farms that grow oysters just off the ocean floor and scallops, mussels and kelp on ropes above. The shellfish clean and clear the water, providing a more attractive habitat for fish. The kelp feeds on nitrogen that is all too plentiful in our oceans thanks to agricultural runoff.

The system is remarkable. By using the entire water column, Smith's 3-D farms can grow 10 tons of sea vegetables and 150,000 shellfish on each acre per year. The kelp sequesters carbon and slows ocean acidification; expanding the industry will create jobs (potentially 50 million, according to a 2016 World Bank report) and could help feed the planet: a network of kelp farms in just under 5 percent of U.S. waters could produce 150 million tons of protein annually, equivalent to 6.8 trillion hamburgers.

And so Smith has set out to build that network. Through his nonprofit GreenWave, established in 2014, he trains new 3-D sea farmers, conducts R&D for growing and processing seaweed and lobbies state lawmakers to overturn rules that

prevent seaweed farming. One of his slogans: Legalize the other weed.

By the end of the year, GreenWave will have its first 25 farmers on the water. Over time, Smith hopes to build clusters of farms that can process their sea crops into food for companies like Google and Patagonia and sustainable fertilizer for land farmers. And it's not as crazy as it seems. Smith has a standing order for half a million pounds of kelp, only a fraction of which he can produce at his farm on Long Island Sound. "The reason I like this space so much is that it's a chance to do food right," Smith says. "It's a blank slate with limitless possibility."



SPREADING THE GOSPEL OF WHOLE GRAINS

Bob Moore Founder, President & CEO, Bob's Red Mill

There are more than a few good reasons to praise Bob Moore. For one, had he not had an epiphany back in the 1960s about the health benefits (and deliciousness) of whole grains, Americans wouldn't have such easy access to products from amaranth flour to spelt berries to stone-ground cornmeal. And then there's his generosity: since 2010, Moore has donated more than $35 million to various universities to fund research into reducing the prevalence of chronic diseases and improving Americans' diets. Oh—and in 2010, at age 81, Moore decided not to sell his company and cash out but to give it to his employees through an Employee Stock Ownership Plan, which allows them to accrue stock in the company and cash out their shares when they leave or retire.

Any one of these would be enough to make Moore a hero. But none of them quite captures the delight—one of Moore's favorite words—and ebullient spirit of this very active 88-year-old. He wakes up each day at 6 a.m., heads to the Bob's Red Mill restaurant in Milwaukie, Oregon, for a bowl of hot cereal; then it's off to the office, where he is involved in, well, everything. What does he consider one of his greatest achievements? Winning the Golden Spurtle at the 2016 Annual World Porridge Making Championship. "I practiced and practiced," he said. "We soaked the oats for a long time and a short time, added the salt before and after. For two months, we ate so many oats. And now according to the Scots, the world authority on oats, we make the best porridge in the world. That is something." Indeed

BUST IN GLOBE/CONTRIBUTOR/GETTY IMAGES

CLEANING UP FAST FOOD

Ron Shaich CEO, Panera Bread

I know no one who says, 'I want more titanium dioxide in my food,'" says Ron Shaich, the CEO of Panera Bread. "It's that simple."

This utterly sensible attitude should be commonplace. But in a world where corporate leaders are often more mindful of their stock price than their customers' health, Shaich sets the bar. His No-No List, announced in 2014, scrubbed Panera's menu of all preservatives, artificial colors and flavors. Within two years, the company had disappeared 96 ingredients, from acesulfame K to triacetin, and reformulated hundreds of recipes.

The journey to clean food, though, is not new at Panera. It was the first to deliver fresh dough to bake in its stores, then in 2004 the first to use only antibiotic-free chicken, and later the first national chain to voluntarily post calories on its menus. With an annualized growth of 17 percent for the last 20 years—it's no wonder that other restaurant chains are now following his lead.

At 63, you might think Shaich would be considering slowing down. (Having sold Panera this past spring to European investors for $7.5 billion, he certainly could.) But whatever the topic, Shaich overflows with energy and moxie. "What are these guys afraid of?" he says of restaurants that fight change and transparency. "If you're embarrassed about your food, don't hide it. Change it."

SUPPORTING YOUNG FARMERS

Lindsey Shute

Co-Founder & Executive Director,
National Young Farmers Coalition

For a long time, it was easier for farmers to get a government loan for $100,000 than for $10,000. The lesser amount—what a beginning farmer needs for, say, a tractor—just wasn't enough for a bank to bother with.

That is, until Lindsey Shute got involved. As executive director of the National Young Farmers Coalition, she worked with the USDA to create a microlending program to help grow new businesses. It's now a permanent part of the farm bill and has helped more than 27,000 farmers. *(For more on the farm bill, see page 57.)*

Shute has a knack for knowing what young farmers need because she and her husband, Ben, run Hearty Roots Community Farm in Germantown, New York, where they grow vegetables and raise chickens and pigs. What makes her extraordinary is how her years of grassroots organizing—advocating for public transit in New York City—have helped her translate farmers' needs into policy.

Since founding NYFC in 2010, Shute has built an army of young, rural entrepreneurs into a persuasive voice on Capitol Hill. "When members of Congress from rural districts hear young people say they want to be part of this place and to make a difference, they respond," Shute says.

NYFC's top focus is helping young farmers afford land. Over the next 20 years, as much as two-thirds of American farmland will change hands as older farmers die or retire. Shute has worked with 100 land trusts across the country to bring new farmers onto that land. In addition, NYFC was crucial to protecting funding for the farm bill's Beginning Farmer and Rancher Development Program, which offers practical training to newbies. It has also introduced a bill that would qualify full-time farmers to have their college loans forgiven. "Farming is the highest form of public service—for the environment, providing jobs, and you're also feeding people, by the way," Shute says. She and Ben have personally seen the benefits of her work. With help from the Scenic Hudson Land Trust, they bought their own farmland in 2012.

PUSHING BEYOND ORGANIC DAIRY

Tim Joseph
Founding Farmer & CEO,
Maple Hill Creamery

When Tim Joseph set out in agriculture, he had dreams of producing food sustainably. He started with dairy cows, selling milk into the conventional market. But the prices were volatile and ruinous. He switched to organic, but found the three-year transition and the price of feed financially punishing.

Most new farmers would have given up. But this is where Joseph's story diverges from the classic tale. Rather than give up, he decided, in 2009, to raise cows exclusively on grass and sell their milk (and cream and yogurt) under his own label, Maple Hill Creamery. When demand outstripped his supply, Joseph recruited other struggling upstate New York farmers and helped them to transition their farms to a new kind of production. Eight years later, the brand sustains more than 100 small New York farms.

Joseph had long been a proponent of the environmental benefits of raising cows on grass: the even spread of manure improves soil and reduces erosion. And grass is what cows are meant to eat. But Joseph has proved that grass-fed cattle are good not only for the land, but also for the farmers. The average age of the farmers in Maple Hill's "milkshed" is just 39—far below the national average of 58 and proof that the system brings new farmers to the land. "The thing that makes it all worthwhile is when a farmer or a family member says how this changed their lives," says Joseph. "It's cliché, but it's what makes me proud."

The next step: instead of simply paying farmers for milk, as most companies do, Maple Hill rewards them for better practices, such as managing grazing land and sequestering carbon. "We know there are practices that lead to healthier cows and better land," he says. "We're trying to connect the dots."

"The thing that makes it all worthwhile is when a farmer or a family member says how this changed their lives. It's cliché, but it's what makes me proud."

BILL CRAMER/THE FORBES COLLECTION/GETTY IMAGES

EatingWell 2017 AMERICAN FOOD HEROES

MAKING BIG FOOD, GOOD FOOD

Denise Morrison President & CEO, Campbell Soup Company

Big food is bad food, or so the theory goes. But Campbell's CEO, Denise Morrison, is proving that this truism is ever-less true. A veteran of big food manufacturers including Kraft and Nabisco, she took the helm in 2011 and immediately set about transforming Campbell's iconic brand—one that epitomizes the dump-and-stir casserole era—into a behemoth producer of real, healthy food.

To wit: In 2012, she acquired Bolthouse Farms, the king of baby carrots and a leader in fresh juices. The next year, she grabbed Plum Organics, a maker of "clean" baby food, and just this summer, Pacific Foods, which makes organic broth and natural foods. This spring, Morrison told an audience in Boston that one of the three big changes she supports in the food system, is "limitless local"—a move from "big, slow and removed to small, safe, agile and regionally connected" suppliers.

Of course, this could all be chalked up to smart business. What elevates Morrison to hero status are her bold moves on GMO labeling. Where most big food companies banded together to fight a national labeling policy, Morrison, alone, came out in favor of it. (Many others soon followed suit when they saw consumers' positive response.) What's more, when Congress finally passed a law that permitted companies to only disclose genetic modification on scannable QR codes, Campbell's decided to proceed with its plan to label every product on its package within 12 to 18 months. This, even though some three-quarters of the company's products contain GM ingredients. What if shoppers shunned Campbell's in favor of brands using GMOs but not saying so? It was, Morrison believed, a risk worth taking. "We've always believed consumers have a right to know what's in their food," she's said. We agree.

Bob's Red Mill®
To Your Good Health®
Bob Moore

Vegetable Bounty Quinoa Salad with Asian Vinaigrette

MAKES 6 SERVINGS

INGREDIENTS

SALAD

2 cups **Bob's Red Mill Tri-Color Quinoa**, cooked and cooled
2 cups cooked kidney beans
1 ½ cups diced fresh tomato
1 ½ cups diced cucumber
¾ cup diced red bell pepper
1 large avocado, diced
½ cup minced green onion
½ cup chopped fresh mint
½ cup chopped fresh cilantro

VINAIGRETTE

1 Tbsp apple cider vinegar
2 Tbsp sugar or honey
½ cup fresh squeezed lime juice
¼ cup extra virgin olive oil
1 Tbsp fish sauce or light soy sauce
1¼ tsp toasted dark sesame oil
1 ½ tsp salt
2 pinches ground black pepper

INSTRUCTIONS

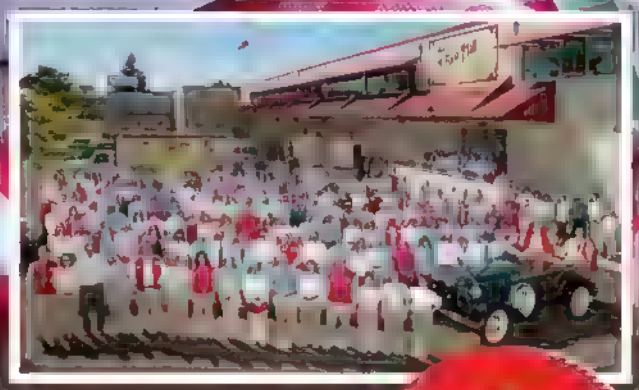
To cook the quinoa: In a pot with a tight fitting lid bring 3 cups of water and 2 pinches of salt to a boil. Add quinoa, stir and cover. Reduce heat to low and simmer for 20 minutes. Turn cooked quinoa out into a large mixing bowl and set aside to cool to room temperature.

While the quinoa cooks and cools, prepare the vegetables, herbs and vinaigrette.

To make the vinaigrette: In a small saucepan over medium heat, warm the vinegar and sugar just until the sugar melts. Remove from heat and whisk in the remaining vinaigrette ingredients.

Combine quinoa, beans, vegetables, herbs and dressing in a large bowl and mix well. Serve chilled or at room temperature.

Award-winning chef **Naomi Pomeroy** created this delicious, Southeast Asian-inspired grain salad for Bob's Red Mill.



EatingWell 2017 AMERICAN FOOD HEROES

Whole Grain Foods for Every Meal of the Day

By honoring Bob as one of EatingWell's American Food Heroes, we're also recognizing everyone at Bob's Red Mill—established in 1978 and an employee-owned company since 2010.

A true commitment to his "honest-to-goodness" approach, Bob gifted every employee at Bob's Red Mill ownership of the company through an Employee Stock Ownership Plan on his 81st birthday. As Bob puts it, *"It was just the right thing to do. I have people that have worked with me for over 30 years and each and every one of them deserve this."*

Learn more about Bob's and its employee owners at **BobsRedMill.com**.

Congratulations to BOB MOORE and his team at Bob's Red Mill!

Bob's Red Mill®

To Your Good Health®

ANCIENT GRAINS

for modern meals.

AVAILABLE AT

Your favorite

GROCERY STORE

Add global flair to everyday meals with the grains that nourished the world's greatest ancient civilizations. Bob's Red Mill offers an amazing array of exotic grains, including Farro, Quinoa, Sorghum, Buckwheat, Amaranth and Teff. With many gluten free and organic options, there is something to suit your every need.

BOBSREDMILL.COM

Just Add Water...

Instant noodle soup: your cheap price tag and addictive saltiness helped us survive college, but in order to keep our relationship alive, you need to freshen up. Check you out now! Just add water to these beautiful veggie-loaded noodle soups and lunch is ready in no time.

RECIPES BY SARAH DIGREGORIO & DEVON O'BRIEN PHOTOGRAPHY BY PENNY DE LOS SANTOS

Chicken Curry Zoodle Soup
Shrimp & Kimchi Noodle Soup
Coconut Curry with Butternut Squash Noodles
Sichuan Ramen with Cabbage & Tofu

...and Slurp!
Spicy Ramen with Mushrooms & Spinach
Sichuan Ramen with Cabbage & Tofu
Chicken Curry Zoodle Soup

Shrimp & Kimchi Noodle Soup
Coconut Curry with Butternut Squash Noodles
Miso Soup with Shrimp & Green Tea Soba
Faux Chicken Pho

Spicy Ramen with Mushrooms & Spinach

Chile-garlic sauce is a double-duty ingredient in this veggie-loaded ramen, adding heat and garlicky flavor too.

- 1½ tablespoons reduced-sodium vegetable bouillon paste *(see Tip, page 108)*
- 1½ teaspoons white miso
- 1½ teaspoons chile-garlic sauce
- 1½ teaspoons grated fresh ginger
- ¾ cup shredded carrot
- ¾ cup sliced shiitake mushroom caps (about 1½ ounces)
- 1½ cups chopped baby spinach
- 3 hard-boiled eggs, peeled and halved *(see Tip, below)*
- 1½ cups cooked ramen noodles *(see Tip, below)*
- 3 tablespoons sliced scallions
- ¾ teaspoon toasted sesame seeds
- 3 cups very hot water, divided

1. Add ½ tablespoon bouillon paste and ½ teaspoon each miso, chile-garlic sauce and ginger to each of three 1½-pint canning jars. Layer ¼ cup each carrot and mushrooms, ½ cup spinach, 2 egg halves and ½ cup noodles into each jar. Top each with 1 tablespoon scallions and ¼ teaspoon sesame seeds. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Stir to make sure the miso is dissolved. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 361 / **FAT** 8G (SAT 2G) / **CHOL** 240MG / **CARBS** 63G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 11G / **SODIUM** 891MG / **POTASSIUM** 290MG.

TIP: For medium-boiled eggs with jammy-textured yolks, cook in boiling water for 6½ to 7 minutes, then immediately transfer to a bowl of ice water and let stand until cold. For fully cooked hard-boiled eggs, cook in boiling water for 10 minutes before transferring them to the ice bath.

TIP: For 1½ cups cooked noodles, start with 3 to 4 oz. dry. Boil the noodles about 1 minute less than the package directions so they are slightly underdone. Drain and rinse well with cold water before assembling in jars.

Faux Chicken Pho

Grating ginger and garlic with a microplane transforms them into a paste that easily mixes into the broth. Any cooked protein can be used instead of the chicken—think thinly sliced steak or cubed tofu.

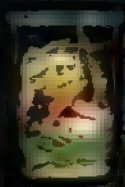
- 3 teaspoons reduced-sodium chicken bouillon paste *(see Tip, page 108)*
- 1½ teaspoons grated fresh ginger
- 1½ teaspoons grated garlic
- 1½ teaspoons hoisin sauce
- 1½ teaspoons Sriracha
- ¾ teaspoon fish sauce
- 3 whole star anise
- ½ jalapeño pepper, seeded (if desired) and thinly sliced
- 1½ heaping cups sliced shiitake mushroom caps (about 3 ounces)
- 9 ounces shredded cooked chicken (about 2¼ cups)
- 1½ cups cooked wide brown rice noodles *(see Tip, below left)*
- 3 tablespoons thinly sliced scallions
- 3 lime wedges
- ¾ cup bean sprouts
- 3 tablespoons small mint leaves
- 3 tablespoons small basil leaves
- 3 cups very hot water, divided

1. Add 1 teaspoon bouillon paste, ½ teaspoon each ginger, garlic, hoisin and Sriracha, ¼ teaspoon fish sauce, 1 star anise and one-third of the jalapeño slices to each of three 1½-pint canning jars. Layer ½ cup mushrooms, 3 ounces chicken (about ¾ cup) and ½ cup noodles into each jar. Top each with 1 tablespoon scallions, 1 lime wedge, ¼ cup sprouts and 1 tablespoon each mint and basil. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Remove the bean sprouts and herbs (don't worry about getting every last bit out). Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Let stand for a minute or two, then stir well. Discard the star anise. Return the bean sprouts and herbs to the jar before eating.

SERVES 3: 2½ cups each

CAL 397 / **FAT** 5G (SAT 1G) / **CHOL** 72MG / **CARBS** 55G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 34G / **FIBER** 6G / **SODIUM** 753MG / **POTASSIUM** 425MG.



Miso Soup with Shrimp & Green Tea Soba

Green tea soba noodles, or cha soba, are buckwheat noodles made with powdered green tea, which imparts a subtle grassy note and pretty color. You can find them in Japanese markets or online. Regular buckwheat soba noodles work just as well.

- 4 tablespoons white miso
- 6 teaspoons mirin
- 3 teaspoons unseasoned rice vinegar
- 1½ cups diagonally sliced snow peas (about 5 ounces)
- 9 ounces peeled cooked shrimp
- 1½ teaspoons dried wakame *(see Tip, page 108)*
- 1½ cups cooked green tea soba noodles (from 3-4 ounces dried; *see Tip, below left*)
- 3 tablespoons thinly sliced scallions
- 1 3-inch square dried kombu, snipped into 3 equal strips *(see Tip, page 108)*
- 3 cups very hot water, divided

1. Add 1 tablespoon plus 1 teaspoon miso, 2 teaspoons mirin and 1 teaspoon vinegar to each of three 1½-pint canning jars. Layer ½ cup snow peas, 3 ounces shrimp, ½ teaspoon wakame and ½ cup noodles into each jar. Top each with 1 tablespoon scallions. Fit 1 piece of kombu between the ingredients and the side of each jar. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot

THE 411: You'll need **three 1½-pint wide-mouth canning jars** to make these soups. Why three? Because they **keep for three days in your fridge.** Eat them all yourself, send them to work or school with your family or adjust the recipe to make fewer—or more. Wide-mouth jars are easier to layer in and eat out of. Each recipe takes about **15 minutes to assemble.**

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water to the jar, cover and shake very well to dissolve the miso. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Discard the kombu. Stir to make sure the miso is dissolved. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 227 / **FAT** 1G (SAT 0G) / **CHOL** 161MG / **CARBS** 29G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 788MG / **POTASSIUM** 348MG.

Chicken Curry Zoodle Soup

Since you can now buy zucchini noodles at many large supermarkets and natural-food stores, these jars are a snap to put together.

- 6 tablespoons coconut milk
- 6 teaspoons Thai red curry paste
- 3 teaspoons reduced-sodium chicken bouillon paste *(see Tip, page 108)*
- 1½ cups frozen stir-fry vegetable mix
- 9 ounces chopped cooked chicken breast (about 2¼ cups)
- 1½ cups spiralized zucchini noodles
- 3 teaspoons chopped fresh cilantro
- 3 cups very hot water, divided

1. Add 2 tablespoons coconut milk, 2 teaspoons curry paste and 1 teaspoon bouillon paste to each of three 1½-pint canning jars. Layer ½ cup vegetables, 3 ounces chicken (about ¾ cup) and ½ cup noodles into each jar. Top each with 1 teaspoon cilantro. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 238 / **FAT** 8G (SAT 5G) / **CHOL** 72MG / **CARBS** 10G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 2G / **SODIUM** 814MG / **POTASSIUM** 436MG.

Shrimp & Kimchi Noodle Soup

Ubiquitous in Korean cuisine, kimchi adds heat and a little funk to this noodle soup. Look for it near other refrigerated fermented vegetables.

- 3 teaspoons reduced-sodium chicken bouillon paste *(see Tip, page 108)*
- 3 teaspoons gochujang
- 1½ cups chopped cabbage
- 1½ cups sliced mushrooms
- ¾ cup chopped kimchi
- 9 ounces peeled cooked shrimp
- 1½ cups cooked rice noodles *(see Tip, page 82, bottom left)*
- 1 radish, thinly sliced
- 3 teaspoons chopped fresh cilantro
- 3 lime wedges
- 3 cups very hot water, divided

1. Add 1 teaspoon each bouillon paste and gochujang to each of three 1½-pint canning jars. Layer ½ cup each cabbage and mushrooms, ¼ cup kimchi, 3 ounces shrimp and ½ cup noodles into each jar. Top each with some radish slices, 1 teaspoon cilantro and a lime wedge. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 239 / **FAT** 1G (SAT 0G) / **CHOL** 161MG / **CARBS** 32G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 3G / **SODIUM** 926MG / **POTASSIUM** 408MG.

Coconut Curry with Butternut Squash Noodles

This untraditional spin on Thai red curry calls for butternut squash noodles, but you could also use spiralized sweet potatoes or fresh egg noodles.

- 6 tablespoons coconut milk
- 6 teaspoons Thai red curry paste
- 3 teaspoons fish sauce
- 1½ teaspoons packed light brown sugar
- 2¼ cups thinly sliced bok choy (about 5 ounces)
- 3 cups lightly packed spiralized butternut squash noodles
- 3 tablespoons toasted unsweetened coconut chips
- 3 lime wedges
- 3 medium-boiled eggs *(see Tip, page 82, bottom left)*, peeled
- 3 cups very hot water, divided

1. Add 2 tablespoons coconut milk, 2 teaspoons curry paste, 1 teaspoon fish sauce and ½ teaspoon brown sugar to each of three 1½-pint canning jars. Layer ¾ cup bok choy and 1 cup noodles into each jar. Top each with 1 tablespoon coconut, 1 lime wedge and 1 egg. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Remove the egg. Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 3 to 4 minutes. Stir well. Cut the egg in half and return it to the jar. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 220 / **FAT** 13G (SAT 9G) / **CHOL** 164MG / **CARBS** 19G / **TOTAL SUGARS** 7G (ADDED 2G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 734MG / **POTASSIUM** 572MG.

Sichuan Ramen with Cabbage & Tofu

The Sichuan province in the southwestern corner of China is known for its fiery dishes. Here, the richness of tahini tempers the spicy chile paste. You can grind the Sichuan peppercorns in a spice grinder or mortar and pestle, or crush them with the bottom of a heavy skillet.

- 6 teaspoons Sichuan chile-bean sauce *(toban djan)* or chile-garlic sauce
- 6 teaspoons tahini
- 1½ teaspoons reduced-sodium vegetable bouillon paste *(see Tip, page 108)*
- 1½ teaspoons Chinese rice wine
- 1½ teaspoons packed light brown sugar
- ¾ teaspoon black vinegar *(see Tip, page 108)*
- 3 cups shredded napa cabbage
- 9 ounces extra-firm tofu, cut into ½-inch cubes (about 1½ heaping cups)
- ¾ teaspoons Sichuan peppercorns, coarsely ground
- 1½ cups cooked black or brown rice ramen noodles *(see Tip, page 82, bottom left)*
- 1½ teaspoons toasted sesame seeds
- 3 cups very hot water, divided

1. Add 2 teaspoons each chile-bean sauce (or chile-garlic sauce) and tahini, ½ teaspoon each bouillon paste, rice wine and brown sugar and ¼ teaspoon vinegar to each of three 1½-pint canning jars. Layer 1 cup cabbage, 3 ounces tofu (about ½ cup), ¼ teaspoon ground peppercorns and ½ cup ramen noodles into each jar. Top each with ½ teaspoon sesame seeds. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to the jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 396 / **FAT** 12G (SAT 2G) / **CHOL** 50MG / **CARBS** 61G / **TOTAL SUGARS** 3G (ADDED 2G) / **PROTEIN** 19G / **FIBER** 11G / **SODIUM** 578MG / **POTASSIUM** 326MG.

SARAH DIGREGORIO'S *first cookbook,* Adventures in Slow Cooking, *comes out this October.*

DEVON O'BRIEN *is EatingWell's digital food editor.*

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The Flavor Master Takes on Tofu

It took a while, but we convinced Chef Bruce Aidells to use his considerable culinary skills to give our favorite flavor-challenged protein a makeover.

PORTRAIT BY **CRAIG LEE**

FOOD PHOTOGRAPHY BY **PENNY DE LOS SANTOS**

01-16-14
Hey there, Bruce,
We just finished working on your recipes for the grass-fed beef story—excellent as usual. Plus I've been cooking from my dog-eared copy of *The Complete Meat Cookbook* a bunch lately. I'm convinced without a doubt that you are the flavor master. How about taking on the ultimate ingredient-in-need-of-flavor: tofu?
Best, Jim
Jim Romanoff, Food Editor, EatingWell
01-17-14
Dear Jim,
Thanks for the kind words. I'm reluctant to take on tofu. You know what I think boring. How about a sausage story? It's been a while since I sold my sausage company. I'm ready to hit the "lin[illegible]" maybe soups?
Your pal, Bruce
11-18-15
Bruce,
You did it again! The recipes for the "Sunday Soups" feature blew our socks off. Since your flavor-packed Singapore-Style Chicken & Noodle Soup has tofu in it I feel obligated to ask again: Can't I convince you to bring your magic touch to tofu?
JR
11-19-15
Dear Jim,
You're too kind. I guess I did put tofu in the Laksa. It does a fine job adding texture, but it really does need help with the flavor. What was your idea again? Do all the recipes have to be vegetarian?
Bruce
6-9-17
Bruce my friend
It was definitely worth the wait. You knocked it out of the park with the tofu. You gave these dishes the Aidells flavor treatment and taught us some pretty cool techniques to use. The method for crusting the Tomato & Onion Salad with Crispy Tofu is the best our Test Kitchen [illegible]. And you even squeezed some [illegible] the tofu and eggplant curry [illegible] from a meat guru.
JR

Soy Good for You

The high fiber, calcium, potassium, iron and, especially, protein in soybeans (twice that of most other legumes!) make them a nutritional star. Their health benefits have been studied extensively for decades. Yet soy still makes people nervous. (Are phytoestrogens really safe? Is there a breast cancer link?) To set the record straight, here's a snapshot of what the latest science shows. *—Anne Treadwell*

HEART HEALTH: Reams of research have shown soy's ability to improve blood cholesterol levels (lowering "bad" LDL and increasing the "good" HDL kind), though some of the benefit may come from simply swapping it in place of foods high in saturated fat, like red meat, which can raise cholesterol.

CANCER: While some evidence has linked soy's phytoestrogens (powerful plant compounds similar to human estrogen) to breast cancer, a recent review of 131 studies found that two to three servings daily actually protects against the disease. Soy may lower the risk of other hormone-driven cancers, including prostate and endometrial, as well. And the longer soy has been a part of your diet, the greater the effect appears to be.

MENOPAUSAL SYMPTOMS: An isoflavone in soy called genistein has been shown to reduce the frequency and duration of hot flashes by more than 20 percent and alleviate vaginal dryness. However, some experts recommend consulting your health care provider before adding soy for symptom relief

BONE DENSITY: Soy's high calcium content is a surefire bone booster, and studies have found that the isoflavones it contains also increase bone density in postmenopausal women.

WINE TO PAIR
Intensely aromatic with hints of lemon peel, 2016 Domaine Sigalas Assyrtiko-Athiri from Santorini, Greece ($20), complements the briny olives.

Tomato & Onion Salad with Crispy Tofu

ACTIVE: 45 min **TOTAL:** 3¾ hrs (including pressing and marinating time)
TO MAKE AHEAD: Marinate tofu (Steps 1-2) for up to 1 day

Tofu definitely benefits from a marinade, in this case lemon juice, olive oil and fresh herbs. Aidells presses the tofu first, which concentrates the subtle soy flavor and improves the texture by removing some of the water. But what really makes this recipe special is the Parmesan cheese crust that transforms the tofu into a soft, cheesy "crouton."

CRISPY TOFU

- 1 14- to 16-ounce package extra-firm water-packed tofu, drained
- 5 tablespoons extra-virgin olive oil, divided
- ¼ cup lemon juice
- 2 tablespoons chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon ground pepper
- ⅛ teaspoon kosher salt
- ¼ cup all-purpose flour
- 2 large eggs
- ⅔ cup grated Parmesan cheese
- ⅓ cup whole-wheat panko

SALAD

- 4 ripe medium tomatoes, each cut into 6 wedges
- 2 cups halved and thinly sliced sweet onion
- ½ cup Castelvetrano olives *(see Tip, page 108)*
- ¼ cup chopped pitted Kalamata olives
- 3 tablespoons chopped fresh basil, divided
- 2 teaspoons chopped fresh oregano, divided
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon ground pepper
- ⅛ teaspoon kosher salt

1. To marinate tofu: Cut tofu crosswise into 8 equal pieces and press for 1 to 4 hours *(see "How to press tofu," page 108)*
2. Combine 2 tablespoons oil, ¼ cup lemon juice, 2 tablespoons basil, 2 teaspoons oregano, 1 teaspoon pepper and ⅛ teaspoon salt in a 9-by-13-inch glass or ceramic baking dish. Add the pressed tofu and turn to coat. Cover and refrigerate for at least 2 hours and up to 24 hours, turning from time to time.
3. To prepare salad: Toss tomatoes, onion, olives, 2 tablespoons basil, 1 teaspoon oregano, oil, vinegar, lemon juice, pepper and salt in a large bowl. Set aside, tossing occasionally.
4. To cook tofu: Discard the marinade and pat the tofu dry. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and panko in a third shallow dish. Dredge the tofu in the flour, shaking off excess, then dip in egg, shaking off excess, then dredge in the cheese mixture, pressing to coat.
5. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat until shimmering. Add half the tofu, reduce heat to medium and cook, turning once, until browned, 2 to 4 minutes per side. Transfer to a paper-towel-lined plate. Repeat with the remaining 1 tablespoon oil and tofu.
6. Transfer the salad to a serving bowl. Top with the tofu and the remaining 1 tablespoon basil and 1 teaspoon oregano.

SERVES 4: 1½ cups salad & 2 pieces tofu each

CAL 548 / **FAT** 44G (SAT 7G) / **CHOL** 55MG / **CARBS** 23G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 18G / **FIBER** 5G / **SODIUM** 641MG / **POTASSIUM** 587MG.

WINE TO PAIR
Bright and citrusy with a slight white pepper undertone, 2016 Loimer "Lois" Grüner Veltliner, Austria ($14), stands up well to a complex curry spice blend.

> **"Tofu's superpower is that it's a really good sponge for other flavors."**
> —Bruce Aidells

Tofu, Chicken & Eggplant Curry

ACTIVE: 1¼ hrs **TOTAL:** 2¾ hrs (including pressing time)

TO MAKE AHEAD: Store spice blend (Step 3) at room temperature for up to 1 week. Refrigerate chicken (Step 5) for up to 1 day

Aidells had a revelation after eating chicken and eggplant curry at an old-fashioned "curry palace" on a trip to England. The rich and spicy tomato-based sauce was studded with cubes of mild, soft paneer cheese, which provided nice contrast to the other ingredients. He realized cubes of baked, seasoned tofu could be used instead. (If you want to make this curry vegetarian, replace the chicken with another pound of tofu and double the curry spice, cornstarch and salt in Step 6.)

CURRY

- 1 14- to 16-ounce package extra-firm water-packed tofu, drained
- 1 large eggplant, cut into 1½-inch cubes
- 2 teaspoons kosher salt, divided
- 1½ pounds boneless, skinless chicken thighs, cut into ½-inch strips
- 9 tablespoons extra-virgin olive oil, divided
- 1 tablespoon cornstarch
- 2 cups thinly sliced onion
- 2 tablespoons minced fresh ginger
- 3 tablespoons minced garlic
- 1 28-ounce can no-salt-added diced tomatoes
- 1 cup low-sodium chicken broth
- 1 cup finely chopped fresh cilantro stems plus ¼ cup chopped leaves, divided
- ½ cup whole-milk plain Greek yogurt
- Freshly ground pepper to taste

CURRY SPICE BLEND

- 1 tablespoon coriander seeds
- 1½ teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon whole black peppercorns
- ½ teaspoon cardamom seeds (*not* pods)
- 1 tablespoon New Mexico chile powder *or* paprika
- 1½ teaspoons ground turmeric
- ½ teaspoon crushed red pepper
- ¼ teaspoon ground cinnamon

1. To prepare tofu & eggplant: Cut tofu crosswise into 8 equal pieces and press for 1 to 4 hours *(see "How to press tofu," page 108)*

2. Meanwhile, toss eggplant with ½ teaspoon salt in a colander. Drain for 30 minutes to 1 hour.

3. To prepare curry spice blend: Heat a small skillet over medium-high heat. Add coriander, cumin, fennel, fenugreek, peppercorns and cardamom. Toast the spices, stirring constantly, until aromatic and starting to smoke, 1 to 2 minutes. Transfer to a bowl to cool. Grind in a spice grinder (such as a clean coffee grinder) or mortar and pestle. Return to the bowl and stir in chile powder (or paprika), turmeric, crushed red pepper and cinnamon.

4. To prepare curry: Line a large baking sheet with parchment paper. Position racks in upper and lower thirds of oven; preheat to 400°F

5. Toss chicken with 1 tablespoon of the curry spice and ½ teaspoon salt in a medium bowl. Set aside.

6. Cut the tofu into cubes. Toss with 1 tablespoon oil in a medium bowl. Sprinkle with 1 tablespoon curry spice, cornstarch and ½ teaspoon salt and toss again. Spread on the prepared baking sheet.

7. Rinse the eggplant and pat dry. Toss with 4 tablespoons oil and 2 teaspoons curry spice in a medium bowl. Spread on another baking sheet.

8. Roast the tofu on the lower rack, turning once halfway, until lightly browned and beginning to crisp, about 30 minutes. Roast the eggplant on the upper rack, turning once halfway, until soft, about 30 minutes.

9. Meanwhile, heat 2 tablespoons oil in a large pot over medium-high heat. Add the chicken and cook, stirring often, until browned, about 10 minutes. Remove to a bowl. Add the remaining 2 tablespoons oil, onion and ginger; reduce heat to medium and cook, stirring often, until the onion is quite soft, 7 to 9 minutes. Add garlic and cook, stirring, for 1 minute more. Add the remaining curry spice and stir to coat.

10. Add tomatoes, broth and cilantro stems, stirring to scrape up any browned bits. Stir in yogurt, then the chicken and tofu. Bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, for 20 minutes.

11. Stir in the eggplant and cook, stirring occasionally, for 5 minutes more. Stir in the remaining ½ teaspoon salt and pepper to taste. Serve topped with cilantro leaves.

SERVES 8: 1¼ cups each

CAL 396, **FAT** 26G (SAT 5G), **CHOL** 59MG / **CARBS** 18G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 6G, **SODIUM** 528MG / **POTASSIUM** 780MG.

Grilled Tofu with Korean BBQ Glaze & Stir-Fried Napa Cabbage

ACTIVE: 1 hr **TOTAL:** 6 hrs (including pressing and marinating time) **TO MAKE AHEAD:** Refrigerate BBQ glaze (Step 2) for up to 2 weeks; marinate tofu (Step 3) for up to 1 day.

The grill gives tofu smokiness and some crispy edges. Here a BBQ sauce made with gochujang, the hot Korean chile paste, doubles as both a glaze and some sauce to slather on the tofu at the table.

TOFU & BBQ GLAZE

- 1 14- to 16-ounce package extra-firm water-packed tofu, drained
- 3 tablespoons peanut oil, divided
- ½ cup finely chopped red onion
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh ginger
- ¾ cup finely chopped scallions
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons gochujang
- 2 tablespoons chili powder or paprika
- 2 tablespoons rice vinegar
- 2 tablespoons water
- 1 tablespoon toasted (dark) sesame oil
- 1 tablespoon honey
- 2 teaspoons white miso
- 2 teaspoons molasses

CABBAGE

- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons toasted (dark) sesame oil
- 2 tablespoons peanut oil
- 1½ cups sliced scallions (2-inch pieces), plus ¼ cup thinly sliced for garnish
- 12 cups thinly sliced napa cabbage (1¾-2 pounds)
- 2 tablespoons toasted sesame seeds, divided

1. To prepare tofu: Cut tofu crosswise into 8 equal pieces and press for 1 to 4 hours *(see "How to press tofu," page 108)*.

2. To prepare BBQ glaze: Heat 1 tablespoon peanut oil in a small saucepan over medium heat. Add onion and cook, stirring often, until soft, about 5 minutes. Stir in garlic and ginger and cook 1 minute more. Remove from heat. Stir in scallions, ¼ cup soy sauce, gochujang, chili powder (or paprika), vinegar, water, 1 tablespoon sesame oil, honey, miso and molasses. Transfer to a medium bowl. Refrigerate until cool.

3. To marinate tofu: Spread each side of the tofu pieces with 1 teaspoon BBQ glaze. Place in a 9 by-13 inch baking dish. Cover and refrigerate for at least 4 hours and up to 1 day.

4. To grill tofu: Preheat grill to medium. Brush both sides of the tofu with the remaining 2 tablespoons peanut oil. Generously oil the grill rack. Grill the tofu until lightly charred, 4 to 5 minutes per side. Transfer to a plate and keep warm.

5. To prepare cabbage: Combine soy sauce and sesame oil in a small bowl and place near the stove. Heat peanut oil in a large flat-bottom carbon-steel wok over high heat until very hot. Add scallion pieces and cook, stirring, until softened, 2 to 3 minutes. Add cabbage and cook, stirring, until wilted, 2 to 3 minutes. Stir in the soy sauce mixture and 1 tablespoon sesame seeds.

6. Transfer the cabbage to a serving bowl or platter. Top with the grilled tofu. Drizzle the tofu with 3 tablespoons BBQ sauce. Garnish with sliced scallions and the remaining 1 tablespoon sesame seeds. Serve with the remaining sauce, if desired.

SERVES 4: 2 pieces tofu & 1¼ cups stir-fry each

CAL 389 / **FAT** 31G (SAT 5G) / **CHOL** 0MG / **CARBS** 18G / **TOTAL SUGARS** 5G (ADDED 3G) / **PROTEIN** 16G / **FIBER** 7G / **SODIUM** 759MG / **POTASSIUM** 870MG.

Tofu Cucumber Salad with Spicy Peanut Dressing

ACTIVE: 25 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate peanut dressing (Step 1) for up to 1 week; bring to room temperature and whisk before serving.

Making tofu tastier can be as simple as tossing it in a knockout sauce like this Sichuan-inspired peanut dressing. To make this recipe a meal, add rice noodles and double the dressing. **(Photo: page 5.)**

SPICY PEANUT DRESSING

- 1½ tablespoons natural peanut butter
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1½ teaspoons toasted (dark) sesame oil
- 1 teaspoon black bean-garlic sauce
- 1 teaspoon minced fresh ginger
- ½ teaspoon chile-garlic sauce *or* Sriracha, or to taste
- ½ teaspoon sugar
- ¼ teaspoon finely chopped garlic
- ¼ teaspoon ground Sichuan peppercorns

SALAD

- 8 ounces extra-firm water-packed tofu, drained and cut into ½-inch cubes
- 1 large English cucumber, quartered and sliced ¾ inch thick
- 1 cup coarsely chopped cilantro, divided
- ¼ cup chopped salted roasted peanuts
- ¼ cup thinly sliced scallion greens

1. To prepare dressing: Combine peanut butter, soy sauce, vinegar, sesame oil, black bean-garlic sauce, ginger, chile-garlic sauce (or Sriracha), sugar, garlic and ground peppercorns in a medium bowl; whisk until well combined.

2. To prepare salad: Combine tofu, cucumber and ¾ cup cilantro in a large bowl. Add 2 tablespoons of the dressing; toss until well coated. Cover and refrigerate for 30 minutes.

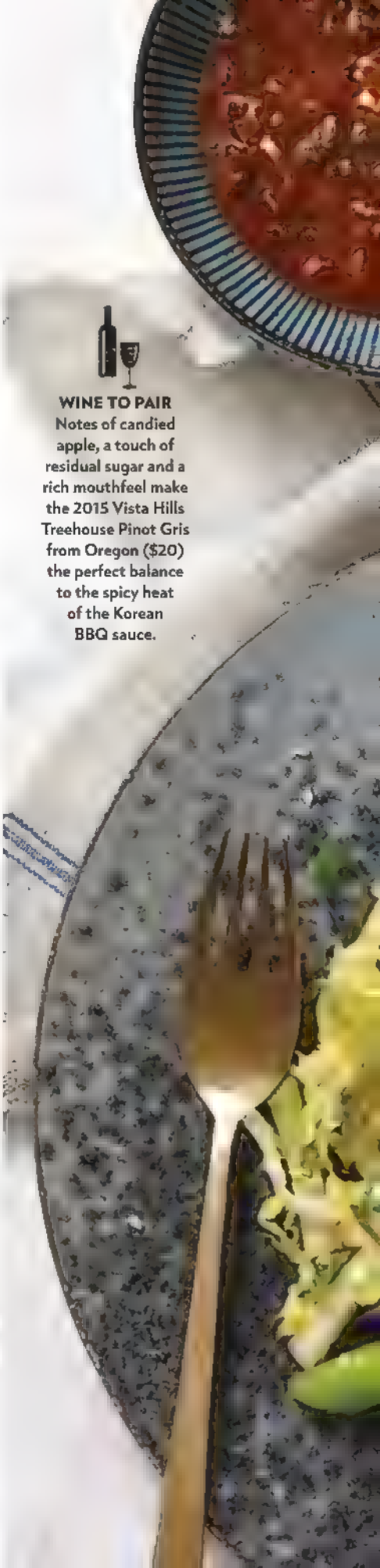
3. To serve, transfer salad to a serving bowl. Drizzle with the remaining dressing. Top with peanuts, scallions and the remaining cilantro.

SERVES 4: 1 cup each

CAL 167 / **FAT** 12G (SAT 2G) / **CHOL** 0MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 1G) **PROTEIN** 10G / **FIBER** 3G / **SODIUM** 315MG / **POTASSIUM** 278MG

MORE FROM THE MASTER Get two bonus tofu recipes by Bruce Aidells at eatingwell.com/webextra

WINE TO PAIR
Notes of candied apple, a touch of residual sugar and a rich mouthfeel make the 2015 Vista Hills Treehouse Pinot Gris from Oregon ($20) the perfect balance to the spicy heat of the Korean BBQ sauce.



STYLING: MAGGIE RUGGIERO/FOOD: CARLA GONZALEZ-HART/PROPS:

THE BROC

WE LOVE OUR BROCCOLI—STEAMED, STIR-FRIED, RAW OR ROASTED. BUT IT COULD BE GROWN SMARTER. DR. THOMAS BJÖRKMAN IS ON A MISSION TO MAKE THAT HAPPEN. BY CHRISTINE BURNS RUDALEVIGE

LOCATION PHOTOGRAPHY BY LUKE COPPING

COLI PROJECT

Most broccoli we eat stems from a Calabrese cultivar. Italian immigrants brought the seeds to the United States in the early 1800s and planted them in their gardens.

Most vegetables begin losing nutrients the moment they're picked. Hopefully, varieties developed in Björkman's lab *(above right)* will not only be eaten quickly, they'll have more nutrients. Tests are ongoing, but according to University of Tennessee researcher Carl Sams, Ph.D., "Logic would dictate that the shorter the broccoli has been stored, the more nutritious and the better-tasting the broccoli will be."

Crouching in a 3-acre field of broccoli in Geneva, New York, Dr. Thomas Björkman pulls his notched harvest knife from its leather holster and holds it over a broccoli crown. The knife is marked with the minimum diameter a head must reach before it goes to market. Björkman, a Cornell University professor, heads up the Eastern Broccoli Project. Its goal: enable broccoli to be grown year-round up and down the East Coast.

Currently, nearly 90 percent of the 2 billion pounds of broccoli grown each year comes from California. Because broccoli is like Goldilocks – it doesn't like weather that's too hot or too cold; it has to be just right – it's grown mainly on California's southern and central coasts. There, sunny days and cool nights hover around the vegetable's preferred temperature comfort zone.

Once harvested from a California field, broccoli is immediately packed in ice-filled waxed boxes to help slow down respiration and keep it pristine. Yes, picked broccoli breathes, but doing so quickly, in any kind of heat, leads to rapid decay. Then it travels thousands of miles east on refrigerated trucks. The average age of one of these heads of California broccoli before it lands on an East Coast dinner plate? Seven to 10 days.

Most broccoli farmers along the Atlantic seaboard grow a short spring crop and a longer fall one. But hot, wet summers can be a serious issue, says Chalmers Carr, owner of Titan Farms, South Carolina's largest commercial broccoli producer. "It's just that Mother Nature is our biggest challenge," says Carr. When nighttime temperatures hold steadily above 65°F for several nights, the maturing plants often develop yellow-speckled crowns, rendering them unmarketable even though they are still edible, explains Björkman. "Broccoli is a commodity," he says. "As long as it looks like the broccoli we're used to buying, it will sell."

Björkman and his colleagues at USDA-ARS in Charleston, South Carolina, and at Oregon State are using conventional breeding techniques to cross broccoli varieties that already grow well during short East Coast seasons with more heat-resistant breeding lines to lengthen the growing window.

Maine farmer Stew Smith of Lakeside Family Farm in Newport, about 100 miles northeast of Portland, has run Eastern Broccoli Project trials for four years. Though his top-selling crop is potatoes, he now grows 12 acres of broccoli. "Crop diversity is critical to our sustainability as a local farm," Smith says.

And when it comes to flavor, these new cultivars have real promise. Björkman has already conducted preliminary taste tests back at Cornell. In a blind comparison between California broccoli and two cultivars from New York, tasters agreed: although California broccoli was better-looking, the local broccoli was more delicious. The rest of the East Coast will have to wait until 2019 for a taste – that's when seeds will be available to farmers.

CHRISTINE BURNS RUDALEVIGE *is a food writer, recipe developer and cookbook author living in Brunswick, Maine.*

Roasted Broccoli with Lemon-Garlic Vinaigrette

ACTIVE: 10 min **TOTAL:** 35 min

Resist the temptation to turn the broccoli over while it roasts for deliciously caramelized results.

- **2 small broccoli crowns (about 8 ounces each)**
- **4 tablespoons extra-virgin olive oil, divided**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **1 teaspoon lemon zest**
- **1 tablespoon lemon juice**
- **1 clove garlic, finely grated**
- **⅛ teaspoon ground pepper**

1. Preheat oven to 425°F.

2. Slice broccoli crowns in half. Toss with 2 tablespoons oil and ¼ teaspoon salt in a large bowl. Place cut-side down on a baking sheet. Roast until the stems are tender and browned, 25 to 30 minutes.

3. Meanwhile, combine lemon zest, lemon juice, garlic, pepper and the remaining ⅛ teaspoon salt in a small bowl. Slowly whisk in the remaining 2 tablespoons oil. Drizzle the vinaigrette over the roasted broccoli.

SERVES 4: ½ broccoli crown & 1 Tbsp. vinaigrette each

CAL 167 / **FAT** 14G (SAT 2G) / **CHOL** 0MG / **CARBS** 8G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 256MG / **POTASSIUM** 366MG

STYLING: KELSEY BLAY; PROP STYLING: SUE MITCHELL (PROPS)

FOOD PHOTOGRAPHY BY KARLA CONRAD

Parmesan Broccoli Bites

ACTIVE: 20 min **TOTAL:** 45 min

Almond flour (aka almond meal) makes the coating extra-crunchy and flavorful. Find it in the gluten-free section of large supermarkets and natural-food stores.

- Olive oil or canola oil cooking spray
- 1 pound broccoli crowns, trimmed
- 2 tablespoons cornstarch
- 2 large eggs, beaten
- 1 tablespoon reduced-fat milk
- 1¼ cups almond flour or almond meal
- ⅔ cup grated Parmesan cheese
- ¾ teaspoon paprika
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper (optional)

1. Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

2. Cut broccoli into florets and peel the stems. Toss with cornstarch in a large bowl.

3. Whisk eggs and milk in a shallow dish. Whisk almond flour (or meal), Parmesan, paprika, baking powder, salt, pepper and cayenne (if using) in another shallow dish. Dip a few pieces of broccoli at a time in the egg mixture, allowing excess to drip off, then dredge in the flour mixture, tapping off any excess. Transfer the broccoli to the prepared baking sheet. Generously coat with cooking spray.

4. Bake the broccoli, without turning, until golden brown and tender-crisp, 25 to 30 minutes.

SERVES 6: 1 cup broccoli each

CAL 218 / **FAT** 15G (SAT 2G) / **CHOL** 68MG / **CARBS** 13G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 4G / **SODIUM** 297MG / **POTASSIUM** 285MG.

Vietnamese Pork & Broccoli "Rice" Bowls

ACTIVE 50 min. TOTAL 50 min.

Give just about any sturdy vegetable a whirl in your food processor for rice-like results.

- ½ cup warm water
- 2 tablespoons packed light brown sugar
- ⅓ cup fresh lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon fish sauce
- 1-2 tablespoons minced serrano or jalapeño pepper
- 1 pound broccoli with stems (*not* crowns)
- 2 tablespoons peanut oil, divided
- ½ teaspoon kosher salt, divided
- 1 pound lean ground pork
- 1 tablespoon chopped garlic
- 1 tablespoon chopped fresh ginger
- ¼ cup chopped fresh cilantro *and/or* mint
- ¼ cup thinly sliced shallot
- 1 cup julienned red bell pepper
- 1 cup grated carrot
- 1 cup diced English cucumber
- ¼ cup coarsely chopped unsalted roasted peanuts

1. Combine water and brown sugar in a bowl; stir until the sugar dissolves. Add lime juice, vinegar, fish sauce and chile pepper to taste. Set aside.
2. Peel the broccoli stems. Coarsely chop all the broccoli. Pulse in a food processor into rice-size pieces.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the broccoli "rice" and ¼ teaspoon salt. Cook, stirring occasionally, until softened, 4 to 6 minutes. Divide among 4 bowls; cover to keep warm.
4. Wipe out the pan. Add the remaining 1 tablespoon oil and pork and cook over medium-high heat, stirring and breaking up, until browned, 3 to 5 minutes. Stir in garlic, ginger and the remaining ¼ teaspoon salt. Cook for 1 minute. Remove from heat. Stir in herbs, shallot and ½ cup of the reserved sauce.
5. To serve, top each bowl of broccoli rice with equal portions of the pork mixture, bell pepper, carrot, cucumber and peanuts. Serve with the remaining sauce.

SERVES 4 / 1½ cups each

CAL 422 / **FAT** 23G (SAT 5G) / **CHOL** 55MG / **CARBS** 30G / **TOTAL SUGARS** 13G (ADDED 7G) / **PROTEIN** 32G / **FIBER** 7G / **SODIUM** 700MG / **POTASSIUM** 998MG

Broccoli, Chickpea & Pomegranate Salad

ACTIVE: 10 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 1 day

Simple steps give this salad a more nuanced flavor: soaking the onion tempers its bite and toasting the cumin enhances its aroma.

- ¼ cup thinly sliced red onion
- ½ teaspoon ground cumin
- ⅓ cup whole-milk plain yogurt
- 2 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper
- 4 cups bite-size broccoli florets (about 8 ounces)
- 1 15-ounce can low-sodium chickpeas, rinsed
- ½ cup pomegranate seeds

1. Soak onion in a small bowl of cold water for 10 minutes. Drain well.
2. Meanwhile, toast cumin in a small dry skillet over medium heat, stirring, until fragrant, 1 to 2 minutes. Transfer to a large bowl. Add yogurt, tahini, oil, lemon juice, ½ teaspoon salt and pepper; whisk until smooth. Add broccoli, chickpeas, pomegranate seeds and the onion and toss to combine. Let stand 10 minutes. Season with the remaining ¼ teaspoon salt and toss again.

SERVES 6: 1 cup each

CAL 162 / **FAT** 9G (SAT 1G) / **CHOL** 2MG / **CARBS** 16G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 344MG / **POTASSIUM** 369MG.

Broccoli & Sausage Skillet Pizza

ACTIVE: 30 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate pesto for up to 2 weeks.
EQUIPMENT: 12 inch cast-iron skillet

A cast-iron skillet gives you deep-dish pizza results with extra-crispy sides, but you can make it free-form too. Stretch the dough into a 12-inch oval and place on a large baking sheet coated with cooking spray. Top and bake at 450°F until the cheese is melted and the crust is crisp, about 20 minutes.

- ½ cup chopped peeled broccoli stems plus 1 cup bite-size broccoli florets (about 4 ounces total), divided
- ¼ cup fresh basil
- ¼ cup toasted walnuts
- 1 clove garlic, smashed
- 1 tablespoon lemon zest, reserved
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 6 ounces Italian sausage, casing removed
- 1 pound whole-wheat pizza dough
- 4 ounces sliced fresh mozzarella cheese, torn into pieces
- 12 grape tomatoes, halved
- 2 tablespoons freshly grated Parmesan cheese
- ¼ teaspoon ground pepper

1. Preheat oven to 450°F. Coat a 12 inch cast iron skillet with cooking spray or olive oil.
2. Combine broccoli stems, basil, walnuts, garlic, lemon juice and salt in a food processor. Pulse until finely chopped. Add oil and process to combine.
3. Cook sausage in a small skillet over medium-low heat, breaking up with a spoon, until no longer pink, 4 to 6 minutes.
4. Working on a lightly floured surface, roll and stretch pizza dough into a 12 inch circle. Transfer to the prepared pan, pressing the dough 1 inch up the sides. Spread the dough with the pesto and sprinkle with the sausage, broccoli florets, lemon zest, mozzarella, tomatoes, Parmesan and pepper.
5. Bake the pizza until the crust is golden brown and the cheese is browned in spots, 30 to 35 minutes. Let stand for 10 minutes before serving.

SERVES 5: 1 slice each

CAL 434 / **FAT** 25G (SAT 6G) / **CHOL** 30MG / **CARBS** 41G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 17G / **FIBER** 3G / **SODIUM** 672MG / **POTASSIUM** 299MG.

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Smoked Gouda-Broccoli Soup

ACTIVE: 40 min **TOTAL:** 40 min

Smoked paprika and smoked Gouda give this soup a double hit of smoky flavor.

- 1½ pounds broccoli crowns (2 medium)
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup chopped sweet onion
- 2 cloves garlic, smashed and peeled
- 1 tablespoon all-purpose flour
- ⅛ teaspoon smoked paprika
- 4 cups low-sodium chicken broth
- 2 cups cubed rye bread (½-inch pieces)
- 1 cup shredded smoked Gouda cheese
- 2 teaspoons white-wine vinegar
- ½ teaspoon salt
- ½ teaspoon ground white pepper

1. Cut 1½ cups bite-size broccoli florets and set aside. Coarsely chop the remaining broccoli.

2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until soft, about 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add flour and paprika; stir to coat. Add broth and the chopped broccoli. Bring to a boil over high heat. Reduce to a gentle simmer and cook, stirring occasionally, until the broccoli is tender, 8 to 10 minutes.

3. Meanwhile, make croutons: Toss bread with the remaining 1 tablespoon oil in a large skillet. Cook over medium heat, stirring occasionally, until browned and crisp, about 10 minutes. Transfer to a bowl.

4. Puree the soup in a blender, in batches if necessary, or use an immersion blender. (Use caution when pureeing hot liquids.) Return the soup to the pan over low heat. Add cheese a little at a time, stirring constantly until it melts before adding more. Stir in the reserved broccoli florets. Cook, stirring occasionally, until they are bright green, 2 to 3 minutes. Stir in vinegar, salt and white pepper. Serve hot, topped with the croutons.

SERVES 4: 1½ cups soup & ¼ cup croutons each

CAL 316 / **FAT** 16G (SAT 5G) **CHOL** 24MG **CARBS** 31G **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 7G / **SODIUM** 723MG / **POTASSIUM** 873MG.

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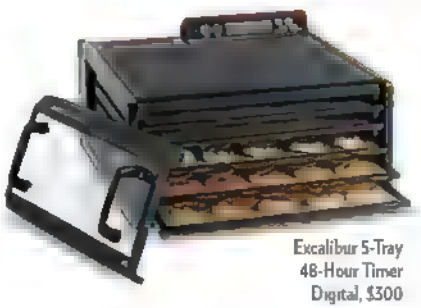
SMARTS FROM OUR TEST KITCHEN

morsels



Excalibur 5-Tray 48-Hour Timer Digital, $300

Dehydration Station

Fruits and veggies harvested at the peak of summer are so tasty, you wish you could eat them all year round. With a dehydrator, you can! Shrink big batches of ripe goodies into lightweight, easy-to-store produce with intense flavor in every bite. Ready to stock your pantry? Excalibur dehydrators are worth the splurge. Thanks to a large fan in the back, they circulate air more efficiently than their less-expensive counterparts, meaning even and consistent drying—no need to swap trays, flip or stir. Dehydrate herbs, peppers, tomatoes and kiwi (yes, kiwi!) or make jerky and fruit leathers.

—Breana Lai, M.P.H., R.D.

MAREN CARUSO, STYLING; ROBYN VALARIK FOOD & PROPS; INSET COURTESY EXCALIBUR

Go Bento

Get ready for oohs and aahs when you pop the lid of your snazzy bento and show off your adorably packed lunch. Our favorite boxes *(pictured here)* hold at least 4 cups of healthy veggies, fruit, wraps and dips—no baggies required. Bring on the lunchtime smiles. —*B.L.*

1 PlanetBox Launch, $60
This large bento made of stainless steel comes with a "tall dipper," aka an extra little container for dip or, as shown below, crackers.
planetbox.com
Shown with: Meat and veggie roll-ups, Colby Jack stars, grape tomatoes, black olives, kiwi

2 Bentology Classic 6-Piece Bento, $20
The watertight lids for individual compartments keep messes to a minimum in this budget-friendly bento.
bentology.com
Shown with: Waffles, maple syrup, cantaloupe, hard-boiled egg, berries

3 Yumbox Tapas, $32
Prep two days of lunches at once. For an additional $16, you can get another inner tray and swap it into the bento box instantly.
yumboxlunch.com
Shown with: Stuffed grape leaves, carrots, hummus, pita chips, radishes

THINK OUT OF THE BOX
More fun lunchbox inspiration at eatingwell.com/webextra

MAREN CARLSON STYLING; RUBEN VALARIO FOOD & PROPS

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HOT SNACK Satisfy your chip craving and keep your gut happy with Farmhouse Culture's Kraut Krisps. The tangy tortilla-like chips are made from sauerkraut (it's the first ingredient!) and infused with 10 times more probiotic cultures than yogurt. Our favorite of their 5 flavors was Dill Pickle. —*B.L.*

LABEL WATCH

Sodium Diacetate

Found in: Vinegar-flavored foods (like salt-and-vinegar potato chips), deli meats, hot dogs, chicken nuggets and baked goods.

What you need to know:
Essentially, sodium diacetate is vinegar in powdered form. It provides vinegar flavor to (or just enhances savoriness in) a variety of foods and effectively prevents growth of dangerous bugs, such as *Listeria* (a risk in foods including deli meats, hot dogs, melons and soft cheese) and *E. coli*. It is one of the best ways to safely preserve meat and poultry products. Scientists are also exploring its possibilities for extending the shelf life of precut vegetables.

Some food companies and restaurant chains, perhaps fearing sodium diacetate may sound suspect to consumers, have "cleaned" it off their ingredients lists, but no research points to any adverse effects.

While the term "sodium" refers to a salt like structure common to many food additives, sodium diacetate is not sodium chloride (aka table salt). Sodium diacetate provides negligible sodium to foods and is one ingredient you don't have to worry about: when you see it, just think vinegar. —*Anne Treadwell*

SHOP SMART

Better Blends

WHOLE-GRAIN MIXES MAKE FOR EASY AND HEALTHY SIDE DISHES. HERE'S HOW TO SHOP FOR GOOD-FOR-YOU GRAINS.

BY JULIA WESTERBROOK

Watch the Sodium We found one mix with 1,240 mg of sodium per 1-cup serving—almost *half* the recommended daily limit. Though we aim for less than 360 mg in *EatingWell* side dish recipes, it's hard to find a mix that low in sodium with good flavor. After surveying and tasting 36 options, we found that choosing blends with 530 mg of sodium or less gave plenty of great options.

Know Your Grain Look for blends with whole grains—brown and wild rice, quinoa, etc.—they have 2 to 4 more grams of fiber per serving than their more refined counterparts.

Some rice is "parboiled," meaning that it has been partially cooked and dried to speed up cook time; it's pretty similar nutritionally.

Yes, you may have heard that rice absorbs arsenic from the soil as it grows. Brown rice and parboiled white rice tend to have higher levels than standard white rice. The advice when it comes to rice is: eat it, but minimize your risk by eating a wide diversity of grains overall.

Additive Awareness Maltodextrin, a thickener used to improve mouthfeel, is generally considered safe, but there's emerging research suggesting that it may contribute to gut bacteria disruptions. Another common additive is hydrolyzed soy protein, aka monosodium glutamate (MSG). But no need to freak: research shows that very few people are sensitive to hydrolyzed soy protein, so the FDA and watchdog groups deem it generally safe.

TOP PICKS (all whole grain) that meet these parameters: (Prepared, per 1-cup serving) Calories: **≤270**; Sodium: **≤530 mg**; Fiber: **≥2 g**

Minute Ready to Serve Red Quinoa & Brown Rice with Garlic Organic, convenient single-serve portions with subtle garlic flavor.

Seeds of Change Seven Whole Grains More grains, more flavor! This toothsome mix serves up rye, barley, millet, bulgur, wild rice and brown rice.

Near East Quinoa Blend Mediterranean Medley Some mixes miss the mark when it comes to spice. Not here. The blend of herbs is delightful.

Uncle Ben's Brown Rice & Quinoa Roasted Red Pepper A bit of serrano pepper gives this 25-minute mix a surprising and tasty kick.

Lundberg Organic Sprouted Risotto Butter and Chive Brown arborio rice simmers into creamy risotto without constant stirring.

Pereg Quinoa Ginger Sesame Flavors of ginger and lemongrass make this a delicious accompaniment to Asian dishes.

DYLAN GRIFFIN STYLING; JESS DAMUCK (FOOD)

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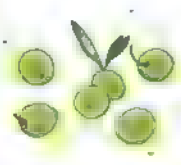
MAS2H71

❶ *Cut a 14- to 16-ounce block of tofu crosswise into 8 equal pieces.* ❷ *Place a clean kitchen towel on a baking sheet. Place the tofu on the towel in a single layer; cover with another towel.* ❸ *Place another baking sheet on top and weight it with two 28-ounce cans. Let stand for 1 to 4 hours.* ❹ *Tofu, left to right: Unpressed, 1-hour press, 4-hour press.*

TIPS & NOTES

Great for flavoring soups, stews and sauces, **bouillon paste** *(p.82, 84)* has a spoonable consistency that makes it easy to portion just the amount you need. To keep sodium in check, opt for reduced-sodium offerings.



Bright-green **Castelvetrano olives** *(p.89)* have a firm, buttery texture with a mild, sweet taste. From Sicily and ubiquitous in Italy, they're increasingly available stateside. Look for them in well-stocked supermarkets.

Black vinegar *(p.84)*—or chinkiang vinegar—adds a rich, smoky flavor to many Chinese dishes. Look for it in Asian markets and specialty food shops. Balsamic, sherry or white vinegars can be used as substitutes.

An essential umami ingredient in Japanese dashi broth, **kombu** *(above left; p.82)* is dried kelp; **wakame** *(above right)*—another dried seaweed—is typical in miso soup. Find them in natural foods stores and Asian markets.

"Is it OK to reuse disposable plastic storage bags?"

While I've gotten pretty good at remembering my reusable grocery bags, one plastic habit has been hard to break: disposable plastic storage bags.

Let's face it: they're super-convenient and do a great job storing food. I always keep them at home, and we use them in the Test Kitchen too. Because they're pretty sturdy, and to do my part to reduce the amount of plastic in the environment, I reuse them as many times as possible. And you can too.

Here's how: Wash with warm soapy water, thoroughly rinse and then air dry or hand dry them with a clean kitchen towel. If you reuse a lot of bags, consider buying a drying rack, which can hold multiple inverted bags open at once so they dry efficiently—I like the racks from FloWorks Design.

For food-safety reasons, skip reusing bags that contained raw meat or have a greasy residue that's hard to clean. Also, if the bag starts to change opacity, it could be a sign that the plastic is degrading, so it's probably time to let it go.

Clean, dry plastic bags can be recycled at many supermarkets. Look for the collection bins for plastic bags and "films" where you can recycle a wide variety of plastics including grocery, produce, food-storage and dry-cleaning bags as well as wrapping from household goods like paper towels and toilet paper. More info at *plasticfilmrecycling.org*.

Finally, if you're ready to eliminate disposable bags completely, food-safe silicone storage bags, like those from Stasher, can be reused almost indefinitely—and are dishwasher-safe too.

—Stacy Fraser, Test Kitchen Manager

DYLAN + PETRIN STYLING: JESS DAMUCK (FOOD); LIZZY WILLIAMS (PROPS); ILLUSTRATIONS BY EMMA DIBBEN

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recipe index
NUTRITION ANALYSIS

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
BREAKFAST																				
46	Almond-Matcha Green Smoothie Bowl	■	353	44	4	10	9	100	865	■	■	■	■	■	35			59	25	186
42	Avocado & Arugula Omelet	■	344	7	0	17	4	452	476	■		■		■		25				
42	Avocado & Kale Omelet	■	339	9	0	15	4	446	506	■		■		■		30		47		49
42	Avocado & Smoked Salmon Omelet	■	323	5	0	19	3	484	446	■		■				23			31	
46	Berry-Almond Smoothie Bowl	■	360	46	0	9	14	89	736	■	■	■	■	■	34				25	59
34	Coconut Overnight Oatmeal		287	51	4	6	7	200	667	■	■	■	■	■				35		
44	Cream Cheese & Cucumber Smørrebrød	■	297	27	6	6	5	464	250			■		■						
44	Ham & Jam Smørrebrød	■	276	28	8	19	3	437	66			■								
46	Mango-Almond Smoothie Bowl	■	457	46	3	22	9	85	678	■	■	■		■	38				27	60
44	Peanut Butter & Fig Smørrebrød	■	407	45	0	11	9	191	345		■	■	■	■						
DIPS																				
52	Green Tahini Ranch Dip	■	91	4	0	3	1	157	73	■			■	■						
34	Guacamole & Dippers	■	141	13	0	3	7	196	682	■	■	■	■	■		20		251		112
52	Pomegranate-Beet Tahini Dip	■	72	5	1	2	1	157	91	■		■		■						
52	Turmeric-Ginger Tahini Dip	■	92	4	0	3	1	151	85	■			■	■						
SALADS																				
100	Broccoli, Chickpea & Pomegranate Salad	■	162	16	0	6	4	344	369	■		■		■		23		29		79
34	Spinach & Dill Pasta Salad	■	367	41	0	12	7	417	564			■	■	■				74		37
92	Tofu Cucumber Salad with Spicy Peanut Dressing		167	7	1	10	3	316	278	■		■	■	■						
89	Tomato & Onion Salad with Crispy Tofu		548	23	0	18	5	641	587			■		■	44		22	28		47
22	Watercress Salad with Grapes, Blue Cheese & Pecans	■	256	8	0	4	1	323	272	■				■				30		32
SIDE DISHES																				
98	Parmesan Broccoli Bites	■	218	13	0	10	4	297	285	■				■						112
96	Roasted Broccoli with Lemon-Garlic Vinaigrette	■	167	8	0	3	3	256	366	■		■	■	■						171
20	Roasted Brussels Sprouts with Fish Sauce Dressing	■	141	17	1	6	6	338	656	■		■				25		28		247
22	Roasted Squash with Green Tahini	■	195	21	0	3	3	205	66	■			■	■						42
20	Sautéed Carrots with Gomasio	■	127	15	2	2	4	319	352	■		■	■	■				27		
SOUPS																				
84	Chicken Curry Zoodle Soup	■	238	10	0	29	2	814	436	■		■								25
84	Coconut Curry with Butternut Squash Noodles	■	220	19	2	9	3	734	572	■		■				21		232		77
34	Creamy Mushroom Soup		407	41	0	8	6	462	1149	■			■	■						22
82	Faux Chicken Pho	■	397	55	1	34	6	753	425	■		■								22
82	Miso Soup with Shrimp & Green Tea Soba	■	227	29	1	26	2	788	348			■								36
84	Shrimp & Kimchi Noodle Soup	■	239	32	0	26	3	926	408			■								26
84	Sichuan Ramen with Cabbage & Tofu	■	396	61	2	19	11	578	326		■	■	■	■	29		29			
101	Smoked Gouda-Broccoli Soup	■	316	31	0	17	7	723	873			■			27	37		24		259
82	Spicy Ramen with Mushrooms & Spinach	■	361	63	0	16	11	891	290			■		■			23	116		
28	Split Pea Soup with Chorizo		503	50	0	23	15	513	901	■		■					24	83		
VEGETARIAN MAIN DISHES																				
92	Grilled Tofu with Korean BBQ Glaze & Stir-Fried Napa Cabbage		389	19	3	16	7	759	871			■		■	44	40	28	61		74
26	Rice & Bean Freezer Burritos	■	401	53	0	17	8	646	344			■		■	36			20		
CHICKEN & FISH																				
24	Chicken Fesenjan		453	18	10	32	2	395	385	■										
31	Creamy Chicken & Mushrooms	■	325	4	0	29	1	329	286	■		■								
14	Salmon & Fall Vegetables with Bagna Cauda	■	537	35	0	31	7	705	1482	■		■				21		42	81	144
91	Tofu, Chicken & Eggplant Curry		396	18	0	25	6	528	780	■		■			22		20	20		22
BEEF & PORK																				
100	Broccoli & Sausage Skillet Pizza		434	41	2	17	3	672	299									22		57
16	Steak & Pepper Tartines with Arugula Salad	■	501	21	1	34	4	501	456						27		22	25	33	46
99	Vietnamese Pork & Broccoli "Rice" Bowls		422	30	7	32	7	700	998	■		■				31		130		242
SNACKS & DESSERTS																				
36	Apricot-Sunflower Granola Bars		152	21	5	4	2	58	230	■	■	■	■	■						
37	Banana-Peanut Granola Bars		167	22	5	4	2	60	122	■	■	■	■	■						
36	Blueberry-Cashew Granola Bars		165	25	9	3	3	57	175	■	■	■	■	■						
37	Cherry-Chocolate Chip Granola Bars		161	24	10	3	2	54	185	■	■	■		■						
36	Cranberry-Almond Granola Bars		161	23	9	3	3	52	164	■	■	■	■	■						
37	Date-Pistachio Granola Bars		155	23	5	3	2	42	201	■	■	■	■	■						
41	Pumpkin Spice Pudding		232	27	16	5	1	178	239	■				■				143		

FOR MORE INFO ON OUR NUTRITIONAL ANALYSES: eatingwell.com/go/guidelines

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is thoroughly tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- The recipe testers shop major supermarkets to research availability of ingredients.
- The testers measure the time to prepare each recipe.
  - "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
  - "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
  - "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not analyzed.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell* suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally ½ cup. Vegetable side dishes are a minimum of ½ cup.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

GLUTEN-FREE: Does not include wheat, rye or barley. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

HEART-HEALTHY: Recipes have limited saturated fat and sodium. Entrees have ≤2 g sat. fat (seafood entrees have ≤4 g) and ≤360 mg sodium per serving; combination meals have ≤4 g (seafood ≤6 g) and ≤600 mg sodium per serving. Side dishes, muffins, breads, appetizers and desserts have ≤2 g sat. fat and ≤240 mg sodium per serving; dips and salsas and sauces have ≤1 g sat. fat and ≤140 mg sodium per serving; salad dressings have ≤2 g sat. fat and ≤140 mg sodium per serving.

LOW-CAL: Entrees have ≤375 calories per serving; combination meals have ≤575 calories. Side dishes, muffins, breads, appetizers have ≤200 calories per serving; desserts have ≤225 calories per serving; dips, salsas, sauces, salad dressings have ≤75 calories per serving.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

VEGETARIAN: Meatless or includes meatless options.

% DAILY VALUE: When a recipe provides 20% or more of the Daily Value (DV) of a nutrient, it is listed in these columns. These values are FDA benchmarks for adults eating 2,000 calories a day.

MAREN CARUSO

THE FIRST 100% ALL NATURAL, SUSTAINABLE, AND GREASE-PROOF TAKE-TO-SCHOOL LUNCH.

WRAPPED IN AN IF YOU CARE UNBLEACHED SANDWICH BAG.

RECIPE

- 2 thick slices of country bread
- 1 tbsp preserves of your choice (we love D'arbo Rose Apricot Fruit Spread!)
- 3 tbsp sunflower seed butter
- 1 small banana sliced
- Honey drizzled to taste
- 1 tbsp softened butter

Grilled Elvis Sunflower Seed Butter and Jelly

Makes 1 Serving

1. Spread the preserves on one slice of bread and the sunflower seed butter on the other slice. Layer the banana on the sunflower seed buttered slice of bread and drizzle with honey. Top with the preserve slice, then butter the top of each slice of bread.
2. Heat a cast iron pan until very hot, then grill each side of the sandwich until thoroughly heated through.
3. Let cool, then place in an If You Care Sandwich Bag and pack to go!

No Paraffin. No Soy Wax. FSC Certified Unbleached Paper.
Non-GMO. Non-Toxic. Gluten and Allergen Free.
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Renewable Resources. 100% All Natural. Vegan. Vegetarian.

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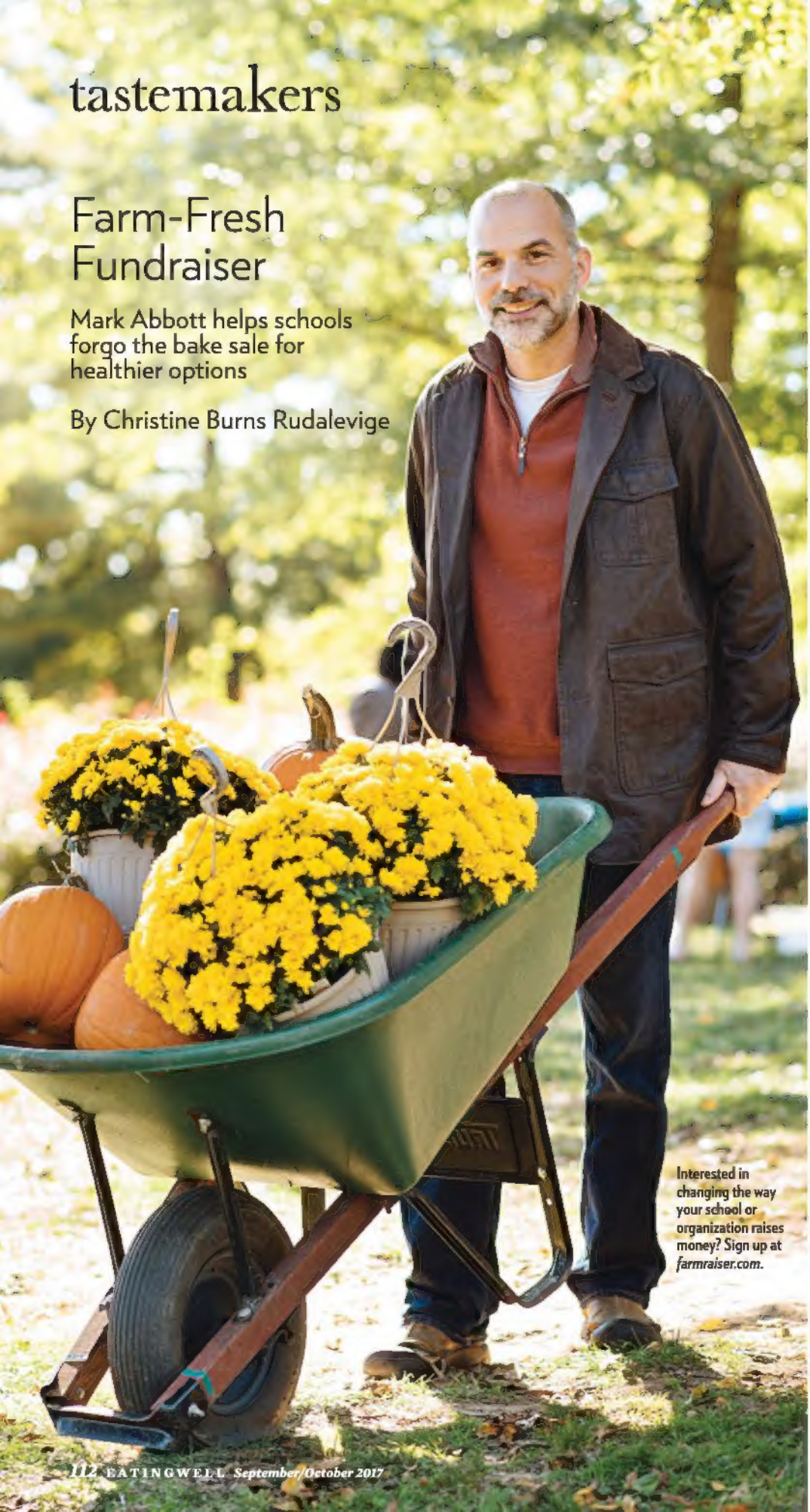
ifyoucare.com

Farm-Fresh Fundraiser

Mark Abbott helps schools forgo the bake sale for healthier options

By Christine Burns Rudalevige



Interested in changing the way your school or organization raises money? Sign up at *farmraiser.com*.

WHO HE IS Five years ago, Mark Abbott's 8-year-old son, Max, came home with an all-too-familiar flyer kicking off the school's cookie and candy sale. "He asked me why it was OK for him to sell food for a school fundraiser when it wasn't the kind of food we'd let him eat regularly at home," Abbott recalls. The kid had a point. Schools carry the kind of social capital that make almost any fundraiser successful, regardless of what's for sale. Abbott knew there had to be a better way, a fundraiser that peddled something healthy and could benefit the local economy too.

WHAT HE DID In 2013, Abbott established FarmRaiser to do just that. Working with farmers and other producers in his area, he came up with local items for students to sell—vegetables, flowers, honey, you name it. Trial campaigns were so successful, Abbott expanded nationally. Now, once a nonprofit group registers with FarmRaiser, its staff finds items the organization can sell and sets up a website for people to place orders. Since its inception, FarmRaiser has enabled more than 250 schools and organizations in 42 states to raise over a half-million dollars.

WHY IT'S COOL Organizations keep about 50 percent of the money collected during a fundraiser—10 percent goes to FarmRaiser as an administration fee and the rest goes to the farmers and producers. Another benefit is the community connections created. "Kids learn by example," says Cindy Kazee, who helped organize a FarmRaiser campaign for her teen's Sacramento high school last year. She said that students were so invested in the project that one of them created a new label for the olive oil they sold and another may design a portable bottle labeler for the olive oil producer as his senior project.

KATE MARDEN

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